



Belmont Village at Cardiff by the Sea VillageNEWS

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

November 2013

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Sadie's Corner



Sadie our ED, Jessica our Memory Programs Coordinator, the Mayor of Encinitas, and Melissa our DRCS

Happy Thanksgiving everyone! A few updates from the ED office: First, resident satisfaction surveys are coming - please keep your eye out for them and let us know how we're doing. Second, I'm still in pursuit of a manner in which I can communicate resident information after a resident takes ill. If anyone is interested in forming a wellness committee, to visit your neighbors in the hospital, please see me. Lastly, I thought it would be nice to start including a "get to know your neighbor" section. Here is our first interviewee!

Interview with Lorraine G.:

Tell me about yourself Lorraine.

Well I got a Master's degree by the time I was 26 and was the Dean of Women's Studies at Syracuse University. A couple of years later I moved to Boulder, Colorado to work for the

University of Colorado. There I met my husband, and we got married when I was 30.

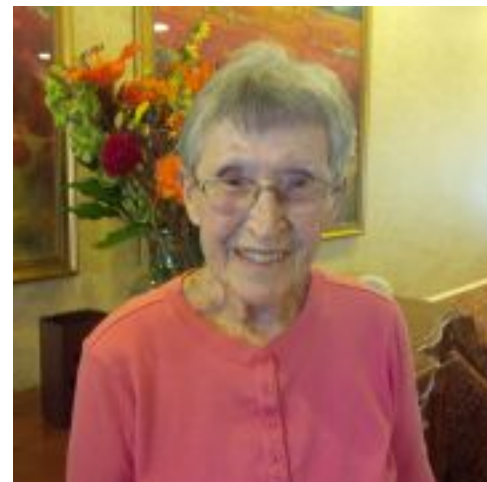
Tell me about some of the turning points in your life.

Hmm. Well fast forward a few years - by the time I was 60 years old, I had two wonderful sons. And three grandchildren. I have twin girl granddaughters and another granddaughter. At that time I thought it was time to go back to school. So I did. I studied paper making and design. My second career was as an artist.

That's very impressive. Can we see your artwork anywhere?

As a matter of fact, I made a calendar of some of my work. And in the 1980s at Off Track Gallery in Encinitas, my art was displayed for quite some time.

Lorraine moved here about a year ago & we're happy she's here.



You can see some of Lorraine's artwork outside her apartment



Happy Hour

11/7 Robert Hardaway
11/14 Gil Alcantar
11/21 The Vidals
11/28 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 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)

November Outings

Wed., Nov. 6, at 1:15 p.m.

Museum of Man

Anthropology museum-- Special
exhibits include: BEERology and
Rites of Passage



Fri., Nov. 8, at 1:30 p.m.:

MiraCosta College: A Salute to Veterans

A presentation given by Admiral
Pete Pettigrew, Midway docent
and pilot.



Wed., Nov. 13, at 10:30 a.m.:

Grand Tea Room

Join us for High Tea where you sip
on different teas, pastries, and
even wear a festive hat!



Wed., Nov. 20, at 4:30 p.m.:

Dinner w/Sadie at Bentley's Steak & Chop House

Back by popular demand!



Wed., Nov. 27, TBD:

Movie Outing

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

Employee of the Month



Great Job, Jovanna!

Jovanna is an outstanding housekeeper who genuinely cares about the residents, she says that their friendliness is what makes her enjoy her job. Jovanna has been with Belmont for four years, and started as a PAL. She was born in Mexico, and recently became a U.S. citizen! She has been married for 13 years and enjoys spending time shopping and at the beach with her family. Jovanna has two sons, one daughter, and is expecting a new baby in June! Congratulations, Jovanna!



Did You Know?

Column By Ginny M. and
Sophie S.

Many of you have spoken to us about our last column. (Thanks!) We wrote about innovations in the 30s and 40s... So here are some more memories!

Do You Remember?

1. Blackjack chewing gum
2. Wax Coke-shaped bottles with colored sugar water
3. Candy Cigarettes
4. Soda pop machines that dispensed glass bottles
5. Coffee shops or diners with tabletop juke boxes
6. Home milk delivery in glass bottles with cardboard stoppers
7. Party lines on the telephone
8. Newsreels before the movies
9. P.F. Flyers
10. Butch Wax
11. TV test patterns came on at night after the last show and stayed on until TV shows started again in the morning
12. Peashooters
13. Howdy Doody
14. 45 RPM records
15. S&H greenstamps
16. Hi-fi's
17. Metal ice trays with lever
18. Mimeograph paper
19. Blue flashbulb
20. Packards
21. Roller skate keys
22. Cork popguns
23. Drive-ins
24. Studebakers

25. Washtub wringers Remember When...

- Headlight dimmer switches were on the floor
- Ignition switches were on the dashboard
- Heaters mounted were on the inside of the fire wall
- Real ice boxes
- Pant leg clips for bicycles without chain guards
- Soldering irons you heat on a gas burner
- Using hand signals for cars without turn signals

We're sure these are happy memories and as we give thanks for all these memories, we hope you have a Happy Thanksgiving!



Tabletop Jukebox



Howdy Doody and Buffalo Bob

Life's Great at the Coast



Edith W. and family having a great time watching the entertainment



Resident **Edson H.** presenting on his role in the invention of the Internet



Enjoying the **fire dancers!**



Hal B. & Maxine B. share September as their birthday month!



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.

Church Runs

Mondays
and Thursdays
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

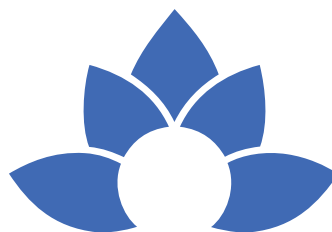
L—Library

L3 Floor

P—Pool

CFLE —Center for
Life Enhancement

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



Daylight Saving Time Ends 3

8:30 Church Runs

9:30 Flex./ Endurance (TH)

10:00 Crossword/Trivia (GR)

10:30 Non Denominational Bible Study (TH)

1:00 Daily Movie (SR)

1:30 Mystery Ride

3:00 Rose at the Piano (GR)

7:00 Evening Movie (SR)

8:30 Church Runs 10

9:30 Flex./ Endurance (TH)

10:00 Crossword/Trivia (GR)

10:30 Non Denominational Bible Study (TH)

1:00 Daily Movie (SR)

1:30 Mystery Ride

3:00 Renata at the Piano (GR)

7:00 Evening Movie (SR)

8:30 Church Runs 17

9:30 Flex./ Endurance (TH)

10:00 Crossword/Trivia (GR)

10:30 Non Denominational Bible Study (TH)

1:00 Daily Movie (SR)

1:30 Ceramics Class (TH)

2:30 Mystery Ride

7:00 Daily Movie (SR)

8:30 Church Runs 24

9:30 Flex./ Endurance (TH)

10:00 Crossword/Trivia (GR)

10:30 Non Denominational Bible Study (TH)

1:00 Daily Movie (SR)

1:30 Jewelry Class (TH)

2:30 Mystery Ride

3:00 Vincent at the Piano (GR)

7:00 Daily Movie (SR)

9:00 Stand & Be Fit (GYM) 4

9:30 Shopping

9:45 Sit & Be Fit (TH)

10:30 Aqua Aerobics (Pool)

10:30 Sharpen Senses (TH)

1:30 Pool W/Don (L3)

3:30 Great Room Game Show (GR)

7:00 Evening Movie (SR)

7:00 Wii Bowling (TH)

Veterans Day/ 9:30 Shopping 11

9:00 Stand & Be Fit (GYM)

9:45 Sit & Be Fit (TH)

10:30 Aqua Aerobics (Pool)

10:30 Sharpen Senses (TH)

1:30 History Remembered: Veterans Day (TH)

3:30 Great Room Game (GR)

7:00 Evening Movie (SR)

7:00 Wii Bowling (TH)

9:00 Stand & Be Fit (GYM) 18

9:30 Shopping

9:45 Sit & Be Fit (TH)

10:30 Aqua Aerobics (Pool)

10:30 Sharpen Senses (TH)

1:30 Art History (TH)

3:30 Great Room Game Show (GR)

7:00 Evening Movie (SR)

7:00 Wii Bowling (TH)

9:00 Stand & Be Fit (GYM) 25

9:30 Shopping

9:45 Sit & Be Fit (TH)

10:30 Aqua Aerobics (Pool)

10:30 Sharpen Senses (TH)

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 5

9-2 Jewelry Bazaar (B)

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)

3:15 MBA/ Activity Chat (TH)

7:00 Evening Movie (SR)

7:00 Music Appreciation (TH)

Northbound Doctor Drives 12

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)

3:15 Welcome Social: Meet the New Residents (TH)

7:00 Evening Movie (SR)

7:00 Music Appreciation (TH)

Northbound Doctor Drives 19

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 Music Lecture W/ Geoff (SR)

7:00 Evening Movie (SR)

7:00 Music Appreciation (TH)

Northbound Doctor Drives 26

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)

3:30 Book Club Chat (C)

7:00 Evening Movie (SR)

7:00 Music Appreciation (TH)

November 2013

Wednesday



Thursday

Friday

Saturday

| | | | |
|---|--|--|--|
| | <p>Join Your Neighbors for Social Hour, Every Evening Before Dinner From 5:00- 6:00 In the Bistro</p> | <p>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) 4:00 Astronomy Class (SR) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)</p> | <p>9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:00 Phil Gates on Guitar (GR) 4:00 Communion Room Visits 5-6 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)</p> |
| <p>9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Cultural Studies (TH) 1:15 Outing: Museum of Man 3:00 Spanish W/ Robert (SR) 3:30 Tai Chi W/ JoAnna (TH) 7:00 Evening Movie (SR)</p> | <p>Southbound Doctor Runs 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga & Dance (TH) 1:15 Bridge (TH Foyer) 3:00 Happy Hour (B) " Robert Hardaway" 7:00 Evening Movie (SR)</p> | <p>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 Outing: MiraCosta 1:30 Knitting Club (C) 3:00 Crossword (GR) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)</p> | <p>9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:00 Diane at the Piano (GR) 4:00 Communion Room Visits 5-6 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)</p> |
| <p>9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Outing: Grand Tea Room 3:00 Spanish W/Robert (SR) 3:30 Tai Chi W/ Joanna (TH) 7:00 Evening Movie (SR)</p> | <p>Southbound Doctor Drives 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga & Dance (TH) 1:15 Bridge (TH Foyer) 3:00 Happy Hour (B) " Gil Alcantar" 7:00 Evening Movie (SR)</p> | <p>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) 2:30Helen Woodward Visit (GR) 3:00Nancy's Taste & Learn (TH) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)</p> | <p>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)</p> |
| <p>9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Cultural Studies (TH) 2:00 Resident Council 3:00 Jim @ 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)</p> | <p>Southbound Doctor Drives 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 Chat W/the Chef (JK) 3:00 Happy Hour (B) " The Vidals" 7:00 Evening Movie (SR)</p> | <p>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 Nurse's Chat: Healthy During the Holidays (TH) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)</p> | <p>9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:00 Warren Singer/Songwriter & Trivia (GR) 4:00 Communion Room Visits 5-6 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)</p> |
| <p>9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Spanish W/ Robert (SR) TBD MOVIE OUTING 3:30 Tai Chi W/ JoAnna (TH) 7:00 Evening Movie (SR)</p> | <p>Thanksgiving 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga(TH) 11-1 Thanksgiving Buffet (JK) 1:15 Bridge (TH Foyer) 1:30 Crossword (GR) 3:00 Happy Hour (B) " MusicStation" 7:00 Evening Movie (SR)</p> | <p>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 Nancy's Taste & Learn (TH) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)</p> | <p>9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:00 Ben Franklin at the Piano (GR) 4:00 Communion Room Visits 5-6 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)</p> |



November Celebrations!



Resident Birthdays

| | |
|------|------------|
| 2nd | Bert M. |
| 7th | Annette S. |
| 9th | Bill D. |
| 15th | Don K. |
| 17th | Len L. |
| 18th | Bill M. |
| 20th | Martha L. |
| 23rd | Molly M. |
| 26th | Laura S. |

Employee Birthdays

| | |
|------|------------|
| 2nd | Daisy S. |
| 5th | Julisa R. |
| 8th | Maria A. |
| 8th | Melissa L. |
| 9th | Gary L. |
| 14th | Yolanda C. |
| 15th | Jovanna M. |
| 16th | Claudio V. |
| 25th | Rene H. |
| 25th | Valeria L. |
| 27th | Willy J. |
| 29th | Joanna C. |
| 29th | MaEvita D. |

Employee Anniversaries

| | |
|--------|------------|
| 7yrs. | Cheryl Q. |
| 4 yrs. | Jovanna M. |
| 3 yrs. | Yolanda C. |
| 2 yrs. | Jessica L. |
| 2 yrs. | Carol P. |
| 1 yr. | Maria M. |
| 1 yr. | A.K. A. |



We are happy to have you!

Welcome Our New Dining Room Coordinator, David!

David was born in Detroit and then moved to San Diego in 1987. He has a lovely wife named Kathleen and a cat named Jolie. David was a disc jockey for public radio. After that he got into the food and beverage industry. The last 3 years he was a dining manager for Camp Pendleton. He served over 5,000 marines per day. David's hobbies include collecting sports memorabilia and music artifacts. He is excited to be here and get to know everyone!

Nurse's Note

7 Tips for a Thinner Thanksgiving

Thanksgiving comes around once a year, so why not indulge? Most people gain at least a pound during the holiday and most people keep that weight on. However, with a little awareness, you can treat yourself to those traditional favorites and still enjoy a guilt-free Thanksgiving feast.

Get Active: Eat less and exercise more-- Increase frequency or lengthen your fitness routine the weeks ahead. Take a walk early in the day and then again after dinner.

Eat Breakfast: Experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a small breakfast, one with protein and fiber it'll help take the edge off your appetite.

Police your Portions: Assess the buffet table and decide what you're going to choose and select reasonable-sized portions of foods. Indulge with small portions of holiday favorites.

Choose the Best Bets on the Buffet: Bear in mind that some holiday foods are a better choice than others. White turkey meat, plain vegetables, roasted sweet potatoes, mashed potatoes, defatted gravy, and pumpkin pie tend to be the best because they are lower in fat and calories.

Slowly Savor: Experts say that eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to enjoy your meal and feel satisfied with one plate full of food.

Skip the Seconds: Try to resist the temptation to go back for second helpings. You are less likely to overeat.



Neighborhood News

We have a new part-time Activities' Assistant in the neighborhood! She has a BA in psychology from UCSD, has been working in Peru and Ecuador for companies that benefit young people, speaks fluent Spanish and has spent extensive time volunteering with the elderly as her own grandmothers lived with Alzheimer's.

In November, we are starting a reward and incentive program for caregivers. You will be mailed nomination forms for the PALs. We are looking to reward the caregivers for providing exceptionally compassionate and loving care to residents and to families. If you feel the caregiver serving your loved one deserves a special thank you, please fill out the form and send it to Jessica. Be on the lookout for another family meeting for Circle of Friends and Neighborhood residents in early December. It'll be more of a party than a meeting, and we look forward to getting to know you!



Marion R. is ready for the Luau!

Circle of Friends



Thanks to all who participated in the walk!

Thank you to everyone who was involved with the Alzheimer's Walk and the Walker Wash. Belmont Village raised over \$300 for the Alzheimer's Association. The Walker Wash was such a success that we're planning on doing it again in the spring – and including cars! It'll help us start early on the fundraising for the Alzheimer's Walk and also get the independent living folks and families involved. Not only are our walkers more sanitary – they're prettier! Look for the lovely fall bouquets attached to walkers on your next visit. A special thanks to Marilyn Meyer-Lee who volunteered her time to decorate walkers for us.

We are currently looking for art, coffee-table, trivia, history and puzzle books to enhance our programs. If you have any to donate, please contact Jessica.

Reminders

Stockings for the Holidays

Residents please return your stockings from last year to the office by Nov. 12 to be refilled. If you do not have a stocking, we will provide you with one.

Mystery Rides

A reminder that we have two mystery rides a week for assisted and independent living. They are a great way to enjoy our beautiful city and what it has to offer! Each ride takes you to a different part of San Diego along with narrative by your driver. Refer to the calendar for times.

Doctor Appointments

Doctor appointments are scheduled through the **Wellness Center**. Please make sure appointments are made at least **48 hours** in advance. Also note, appointments on **Tuesdays go North** and **Thursdays go South**, please schedule accordingly. For questions, contact the wellness center.



The Village Scene



Some of Belmont's team enjoying the **Luau**



Bill D. petting a sea cucumber!



Visiting Marines enjoy the show with **Ray P.**



Happy Birthday **Jean M.**



Residents enjoy the fresh air at the **Birch Aquarium**



Doris P., Ceda W., Mildred P., & Carole W. enjoying the buffet



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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)