



Belmont Village of Encino Village NEWS

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

June 2016

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Fathers of the Field

In addition to celebrating your own dad this Father's Day, take a moment to recognize a few founding fathers of various fields of study.

Hippocrates. Despite living sometime between 450 and 380 B.C., this Greek physician is considered the father of modern medicine. Along with pioneering the method of using reasoning and observation to diagnose illnesses, Hippocrates and his contemporaries also developed the Hippocratic Oath, a professional code of conduct still followed by doctors today.

Geoffrey Chaucer. Many may assume William Shakespeare is the father of English literature, but that honor actually belongs to Geoffrey Chaucer, the medieval poet who wrote "The Canterbury Tales." Chaucer promoted the practice of writing in English

rather than Latin or Anglo-Norman French, and also encouraged the use of iambic pentameter.

James Madison. The fourth president of the United States is known as the father of the Constitution, thanks to his strong influence during the development and ratification of the famous document. In response to the nickname, Madison made clear that the Constitution was "the work of many heads and many hands."

W. C. Handy. Composer and musician William Christopher Handy earned the nickname "Father of the Blues" by playing a significant role in bringing the genre to a wide audience. Portrayed by singer Nat King Cole in the 1958 film "St. Louis Blues," Handy also has an annual music festival named after him.

Read Away Stress

Researchers have found that reading can lower levels of unhealthy stress hormones, such as cortisol. In a British study, people participated in an activity that caused anxiety, and then either read for a few minutes, listened to music, took a walk, had a cup of tea or coffee, or played video games.





Employee Birthdays for the Month of June!

Almira Almero	June 2
Jose Herrera	June 3
Maria Mejia	June 10
Tiffany Alisaje	June 10
Conrad Gebert	June 12
June Williams	June 16
Jazmine Saldana	June 19
Junalyn Liao	June 28

The birthday lunch celebration is scheduled for **Friday, June 24, at 11:30 a.m.**, in Josephine's Kitchen. RSVP at the concierge desk for you and a guest by **Monday, June 20.**

Resident Birthdays for the Month of June!

Ruth Gordon	June 2
Muriel Marcus	June 2
Bob Whitman	June 4
Hans Bluethe	June 7
Phyllis Olshan	June 9
Engelbert Bucher	June 12
Nelson Podell	June 15
David Smith	June 22
Frank Gruhn	June 23
Spencer Saxon	June 23
Danielle Harte	June 27
Maurice Shapiro	June 27
Jay Rothstein	June 30



Father's Day Dinner

Join us for a special dinner honoring the fathers of Belmont Village!

Sunday, June 19

4:30 pm to 7 pm

Adults: \$19

Kids: \$12

Please RSVP by **Friday, June 17**



4th of July BBQ!

Bring in the 4th of July with us!

Monday, July 4

11 am to 1 pm

Adults \$19

Kids \$12

Please RSVP by **Friday, July 1st.**



June and Adam!

Congratulations to Our Employee of the Month - June!

"Whenever I see June, she's either inspiring a resident or laughing with them" Eric Rocha said, commenting about June Williams.

"She's never brought negative energy to anything I've seen her do; problems or challenges, June approaches them with an excitement that resonates with everyone around her. She's wonderful!"

Congrats, June, and keep up the great work!



COF and Neighborhood News

Before anything else, I want to invite the families of our residents for both Circle of Friends and Neighborhood. We will be having a joint event on June 22nd held at the Neighborhood patio area. We will have plenty of fun and exciting things to do with your love ones, prepared by the Memory Programming Team. I hope you can join us!

Here are the upcoming outings this month of June 2016. On June 1st, lunch outing at Buca Di Beppo. On June 8th, Miniature Golf at Sherman Oaks Castle Park. On June 15th, Movie outing at the Arc Light at Sherman Oaks, "Me Before You." On June 29th, at the Grammy Museum.

For the Neighborhood, we are going to take trips to Japanese Garden on June 5th. Venice Beach on June 12th. Downtown Los Angeles on June 19th. Santa Monica beach on June 26th.

I am continuing my writing about the meaning of the behaviors of the disoriented older adults from last month.

The need to be nurtured grows as one feels more vulnerable. This is not the same as the need to be mothered, which often is confused with nurturing. Elderly who are not stable when they walk are sometimes "fixed" to their chairs to keep them from

falling. Although this may seem to offer security, most elderly people are frightened and feel less safe or trapped rather than secure. Many older adults who express themselves in bizarre ways, who yell or move around a lot, are given medication to calm them. Sedatives or psychotropic medications forcibly repress emotions and the person's ability to express them. It creates frustration and anger, then depression and withdrawal. This is a far cry from safe and secure.

Most often it is the caregivers who feel insecure with the disoriented person's expression of feelings.

Everyone can relate to the need to be loved and to be affiliated with other people; "no man is an island." Deep unhappiness comes from isolation and a dearth love. Older adults are left bereft when they have lost many of their loved ones, many of their friends, their social circles, and their source for love and association.

Making new friends does not take the place of having old friends. Friendship is different from love that flows from bonds that are made early in one's personal history. There are no replacements for those relationships. Humans are social beings who need to belong to a larger whole to see themselves as worthwhile individuals.

To be continued...

- Adam

Spotlight on the Circle of Friends!



Having a blast!



COF at the movies!

Please Welcome Our New Residents!

David Welbourn
Lottie Steinhauer
S. Janet Rosenthal
Victoria Pingree
Douglas Cole



Jan and Isabel!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2P Bridge 1:30 TH Jewelry Making 1:30 CL Computer Lab 2:30 GR Fitness Class 6:30 TH At the Movies 6:45 GR Scrabble	2 9:30 TH Fitness Class 10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	3 9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 10:30 TH Current Events 1:00 2T Poker 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	4 9:30 TH Silk Scarf Painting 9:30 TH Fitness Class 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
5 9:30 TH Fitness Class 10:30 GR Board Games 1:00 TH Movie Club w/Merle 1:00 GR Shopping Run 3:30 GR Afternoon Concert 6:30 TH At the Movies	6 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2P Bridge 1:00 2T Poker 2:30 TH Fitness Class 3:30 TH Yiddish 6:30 TH At the Movies	7 9:30 TH Fitness Class 10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	8 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2P Bridge 1:30 CL Computer Lab 2:30 GR Fitness Class 3:30 GR Guess That Phrase (GR) 6:30 TH At the Movies 6:45 GR Scrabble	9 9:30 TH Fitness Class 10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	10 9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 1:00 2T Poker 1:15 TH Chat w/Chef 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	11 9:30 TH Fitness Class 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
12 9:30 TH Fitness Class 10:30 GR Board Games 1:00 TH Movie Club w/Merle 1:00 GR Shopping Run 3:30 GR Afternoon Concert 6:30 TH At the Movies	13 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2P Bridge 1:00 2T Poker 1:15 TH Hot Topics 2:30 TH Fitness Class 3:30 TH Yiddish 6:30 TH At the Movies	14 9:30 TH Fitness Class 10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	15 9:30 TH Fitness Class 10:30 TH Beyond the Book 12:00 TH Jewelry Making 1:00 2P Bridge 1:30 CL Computer Lab 2:30 GR Fitness Class 6:30 TH At the Movies 6:45 GR Scrabble	16 9:30 TH Fitness Class 10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	17 9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 1:00 2T Poker 1:15 TH Current Events 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	18 9:30 TH Fitness Class 9:30 TH Silk Scarf Painting 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
19 9:30 TH Fitness Class 10:30 GR Board Games 1:00 GR Shopping Run 1:00 TH Movie Club w/Merle 3:30 GR Afternoon Concert 6:30 TH At the Movies	20 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2T Poker 1:00 2P Bridge 2:30 TH Fitness Class 3:30 TH Yiddish 6:30 TH At the Movies	21 9:30 TH Fitness Class 10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	22 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2P Bridge 1:30 CL Computer Lab 2:30 GR Fitness Class 6:30 TH At the Movies 6:45 GR Scrabble	23 9:30 TH Fitness Class 10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	24 9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 1:00 2T Poker 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	25 9:30 TH Fitness Class 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
26 9:30 TH Fitness Class 10:30 GR Board Games 1:00 TH Movie Club w/Merle 1:00 GR Shopping Run 3:30 GR Afternoon Concert 6:30 TH At the Movies	27 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2T Poker 1:00 2P Bridge 2:30 TH Fitness Class 3:30 TH Yiddish 6:30 TH At the Movies	28 9:30 TH Fitness Class 10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	29 9:30 TH Fitness Class 10:30 TH Beyond the Book 1:00 2P Bridge 1:30 CL Computer Lab 1:30 TH Resident Council Meeting 2:30 GR Fitness Class 6:30 TH At the Movies 6:30 TH Art Lecture 6:45 GR Scrabble	30 9:30 TH Fitness Class 10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies		



Short Story Group

Mondays and Wednesdays

10:30 a.m.

Town Hall

“Different Seasons”

Belmont’s

Card Players

Games Begin at 1 p.m.

Bridge (3rd Floor)

Monday–Thursday

Poker (3rd Floor)

Friday–Monday

At the Movies

Have a movie you want to see?

Request it at the Concierge desk

Nightly

6:30 p.m.

Town Hall

Meeting With the Chef

Friday, June 10

1:15 pm

Town Hall

Resident Council

Meeting

Wednesday, June 29

1:30 pm

Town Hall

Broadway Music History

W/Merle Goldberg

Saturdays,

1:30 p.m.

Town Hall

Live Entertainment

Every Thursday & Sunday

3:30 p.m.

Great Room



**Check Out Our
Art Class!**



Sylvia sketching.



Phyllis.



Marie and family.



Eli making a masterpiece.



Patti getting inspiration.



Nurse's Notes



June Is National Safety Month

Adults 55 and older are more prone to becoming victims of falls, and the resulting injuries can diminish the ability to lead active, independent lives. The number of fall deaths among those 65 and older is four times the number of fall deaths among all other age groups.

We can all encourage residents to participate in daily exercise classes. Belmont Village and Rehab Care offer various exercise and wellness programs to suite everyone's fitness level.

Check apartments daily for any tripping hazards. Phone lines and oxygen tubing should never be obstructing a walkway. Please alert the wellness center if you are taking any new medications, as many side effects could trigger a fall.

Residents should always use their walking aid, even inside their apartments. Check to make sure your walker is by your bedside at night. Walkers and canes should be checked for any loose or

malfunctioning parts.

Families, residents, and employees should immediately report any safety concerns in the community.

Spills should be reported immediately and attended to swiftly to prevent any slips on wet surfaces. Always use wet floor signs when necessary.

Most importantly, try to exercise good judgment and never attempt an obstacle or task that you feel might not be safe handled alone. Don't hesitate to ask for assistance; prevention is key for staying healthy.

Preventing Heat Stroke

Summer's warm weather makes it the ideal season for outdoor sports and activities. However, it is important to take precautions against overheating, which could lead to heat exhaustion or heat stroke.

Drink water. Becoming dehydrated is the biggest danger of heat stroke. Drink plenty of liquids throughout the day to stay hydrated.

Wear light colors. Light-colored clothing absorbs less heat from the sun, and therefore can keep you much cooler than wearing dark shirts or pants.

Look for signals. If you begin to feel dizzy or nauseated, find shade or go indoors to cool off. Once you're in a cooler environment, sit down and drink cool water.



Mario Guerrero

Transportation Schedule

- **Medical Appointments**
Must be scheduled on Tuesdays, Wednesdays and Thursdays.
- **Open Transportation**
Can be used on days when medical appointments are not specified, and drivers are available.
- **Shopping Schedule**
(Sign Up With Concierge.)
1 p.m. on Fridays and Sundays.
Meet in the GR.
- **Scenic Drive 9:45 a.m. on Saturdays.**
Meet in the GR. Outings are scheduled on a weekly basis.
- **Outings**
Outings every Tuesday.
Departure will vary based on destination.



Village Scene



Sylvia with family!



Our wonderful Neighborhood PALs!



Cinco de Mayo mustaches!



The Kavin family!



Enjoying Cinco de Mayo!



Mariachi music!

BELMONT *Village*
SENIOR LIVING
ENCINO

15451 Ventura Blvd.
Sherman Oaks, CA 91403

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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