A Note From
Jeanne’s Journal

A few weeks ago, a group of residents were teasing me about my tenure at Belmont Village and the number of newsletter articles that I have written over my more-than-fourteen-year career at our community. They asked me, “Will you ever run out of things to write about?” With great certainty, I told them “no,” and then I shared with them why. The reason I will always have great newsletter writing material and will never be at risk of running out is because it is you who give me the inspiration of what to write about. I’m very lucky to “work” where I am surrounded by amazing, loving, genuine and inspiring residents. I find your life stories fascinating and am extremely grateful for the wisdom you so generously share. Every day at our community, I witness endless examples of love and caring being extended by one resident to another. I love how you watch out for each other. I adore seeing your new friendships develop. Your ability to motivate each other is not only appreciated, but admired. This holiday season, I especially thank you for the wonderful opportunity to share in your lives. My staff and I are honored to provide you with assistance. Thank you for making Belmont Village your home. As this year comes to an end, I look forward with great joy to all the new stories I will be blessed to share in 2016.

HOLIDAY OPEN HOUSE
Residents, family and friends are invited to our annual Holiday Open House. The Festive Singing Carolers will stroll the event while we enjoy good friends, holiday cheer and delicious food.
Tuesday, December 8th
5:00 pm - 7:00 pm
Resident Birthdays
12/1 Carol Vokac
12/6 Mike Jaswith
12/8 Dorothy Casaccio
12/11 Jerry Barich
12/11 Frank Cummings
12/21 Betty Boston
12/23 Ed Mazur
12/29 Gloria Krypel
12/31 Mary Lombaer

Employee Birthdays
12/4 Lizbeth Lopez
12/4 Janay Hecker
12/5 Guadalupe Perez
12/6 Nicole Motycka
12/7 Amor Insoy
12/9 Bill Owens
12/9 Angie Stanek
12/16 Elvira Intal
12/16 Sheida Chavez
12/28 Claudia Horgan
12/28 Cecelia Lankah
12/30 Joseph DeJesus
12/30 Joseph Mendoza
12/31 Fausta Jonuses

Employee Year Anniversaries
14 Karen McARDle
13 Chetna Talati
5 Lisa Hennek
5 Sunila Zacharia
5 April Prescott
3 Melissa Ross
2 Vesna Trisic
1 Khristine Axocoyopa

Save the Date
2015 New Year’s Eve!
Casino games leading up to our 2015 Casino New Year’s Eve bash!
Monday, Dec. 28 @ 10:00 am
Computer Video Poker
Tuesday, Dec. 29 @ 2:30
Black Jack Table
Wednesday, Dec. 30 @ 1:30
Roulette Table Game
Thursday, Dec. 31 @ 1:30
Rummy Royal

COMING IN 2016
JANUARY CASINO NIGHT

COMPUTER GAMES
MONDAY @ 3:00 pm
Library

Gaming May Help Seniors Stay Sharp
Video games may have the potential to help seniors stay sharp and responsive.
“There’s a growing body of evidence that suggests playing video games can improve older adults’ reflexes, memory and spatial abilities,” said Jason Allaire, an associate professor of psychology at North Carolina State University. Allaire is part of a team that plans further research on how video games boost memory and thinking skills in seniors, through a grant from the National Science Foundation.
For more information about these studies and other research, visit www.HealthDay.com.

EMPLOYEE OF THE MONTH
Congratulations to Deborah for being our Employee of the Month! Deborah is an outstanding PAL, and works in our Neighborhood. She is a great leader in our community and is highly respected by her residents, co-workers and family members. She also has an incredible gift of being able to find ways to connect with and to understand our residents with memory impairment. We are incredibly grateful to have her here on our team! Great job, Deborah!
HOLIDAY HAPPENINGS

CHRISTMAS LIGHTS DRIVE
Enjoy a relaxing drive through downtown Wheaton, Glen Ellyn and surrounding neighborhoods.
Thursday, Dec. 3 @ 6:00 pm
Thursday, Dec. 10 @ 6:00 pm
Thursday, Dec. 17 @ 6:00 pm

RESIDENTS’ RECIPES!
Reindeer Stew?
Our Norwegian-born gentleman, Per, will lead us through an interesting recipe this month, and share holiday customs from his native land of Norway.
Reindeer Luncheon
Tuesday, December 15th
11:30 am
Bistro

LADIES’ CHRISTMAS TEA
Relax during the hustle and bustle of the holiday with friends, and enjoy a cup of Christmas tea.
Tuesday, Dec. 22, @ 2:30
Town Hall

CHRISTMAS GIFT BINGO
Winning bingo cards will receive a wrapped gift to open. All players will receive a Christmas treat.
December 24th, @ 2:30
Town Hall

DECEMBER OUTINGS
5,12,19,26 ................. Walgreens
7,14,21,28 .................. Jewel
2 ....................... Dollar Store
9 .............. *Manhattans Restaurant
11 ........... *Friday Movie Outing
14 ..................... *Art Studio
16 ......................... Kohl’s
23 ......................... Target

Please refer to your calendar and daily announcements for the exact times for outings. Our Concierge will sign you up for shopping outings.

*SPECIAL OUTINGS
Sign up for *special outings (any outing with an asterisk) by using the special outings form that is delivered to your door. Or call the Concierge and ask for Karen (Activity Program Coordinator). Please leave a message about which outings you would like to attend.

December Entertainers
2  Thomas Steffens
4  Patrick Woods on Piano
6  Music Students Concert
8  Festive Singers
9  Jeffery Deutsch on Piano
10 Christmas Blues Concert
16 Vocalist Chris Colletti
17 Violin Concert by Henrik
20 Christmas Guitar Concert
21 Music Students Concert
23 Kym Frankovelgia
27 Cole Porter Show
30 Winter Show with Heather
31 Rockin’ New Year’s Eve
### December 2015

#### COMPUTER CLASSES
- Personal computer classes can be scheduled with Karen.

#### MIND BODY AWARENESS (MBA)
- The MBA Program is one of three unique programs offered exclusively here at Belmont Village. It is structured to support our residents with goals for attaining a level of mental and physical fitness to enhance the aging process. See Karen, your MBA Trainer, for more details about the MBA Program. Scheduled MBA programs are marked with the MBA icon.

#### MIND BODY AWARENESS DAY!
- 10:30:00: Worship Service
- 11:30:00: MBA - Logical Minds
- 12:00:00: MBA - Luncheon
- 1:15:00: Core & Balance
- 2:30:00: MBA - Scramble Game
- 6:00:00: Penny Left-Center-Right

#### HOLIDAY OPEN HOUSE!
- 9:30:00: Muscle Fitness
- 10:00:00: Resident Round Table
- 10:30:00: Worship Service
- 11:30:00: Resident Recipes - "Reindeer" Luncheon
- 1:15:00: Core & Balance
- 5:00:00: Holiday Open House for Residents and Family. Entertained by the Festive Singers

#### LUNCH OUTING!
- 9:30:00: Muscle Fitness
- 10:00:00: Resident Round Table
- 10:30:00: Worship Service
- 11:30:00: Lunch Outing
- 2:30:00: Wine and Cheese
- 6:00:00: Penny Bingo
- 7:00:00: BV Bible Study

#### EMPLOYEE HOLIDAY PARTY!
- 9:00:00: SHOPPING: Jewel
- 9:30:00: Flex & Fit
- 10:00:00: Sudoku & More
- 10:30:00: Reading Club
- 11:30:00: Relaxed Flex & Fit
- 1:30:00: Zumba Class
- 3:00:00: Computer Games
- 6:00:00: Penny Left-Center-Right
- 7:00:00: Nutcracker Suite

#### LADIES' CHRISTMAS TEA
- 9:30:00: Muscle Fitness
- 10:00:00: Resident Round Table
- 10:30:00: Worship Service
- 1:15:00: Core & Balance
- 2:30:00: Ladies' Christmas Tea
- 6:00:00: Penny Left-Center-Right

#### CHRISTMAS
- 9:30:00: Target
- 9:30:00: Flex & Fit
- 10:00:00: Parker's Class
- 10:30:00: Relaxed Flex & Fit
- 11:15:00: New Residents’ Orientation Luncheon
- 1:30:00: Short Story w/Judy
- 2:30:00: Wine and Cheese
- 6:00:00: Penny Bingo
- 7:00:00: BV Bible Study

#### 2015 NEW YEAR'S EVE PARTY!
- 9:30:00: Muscle Fitness
- 10:00:00: Parker's Class
- 10:30:00: Relaxed Flex & Fit
- 1:30:00: Roulette
- 2:30:00: Blackjack Table
- 6:00:00: Penny Left-Center-Right

#### COMING IN JANUARY 2016
- Casino Night!
- Computer Casino Tournaments!
- Belmont Sports Club!
- MBA Think Tank
MONTHLY SUPPORT GROUPS AT BELMONT VILLAGE

Low Vision Support Group
2nd Sunday of Every Month at 2 p.m.

Parkinson’s Exercise Group
Every Wednesday at 10 a.m.
Every Friday at 1:30 p.m.

Spiritual Corner

Ecumenical Worship Service
Tuesdays, 10:30 a.m., Town Hall
Communion
Fridays, 11 a.m., Library
Interactive Bible Study
Fridays, 10 a.m., Library
Belmont Village Bible Study
Wednesdays, 7 p.m., Library
Sunday Morning Church Trips
Pleasant Hill: Departure 9 a.m.
First Presbyterian:
Departure 9:20 a.m.
St. Mark’s: Departure 9:40 a.m.
Wheaton College Church:
Departure 10:15 a.m.

Resident Council meetings are held on the last Monday of the month at 2:30 p.m. in the Town Hall. Join us for our meeting on December 28th.

Neighborhood and Circle of Friends Support
If you are in need of any support and/or have any questions on celebrating the holidays, we are here to help. Please call or email Janay Hecker, Director of Activities and Memory Programs.
Jhecker@belmontvillage.com

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Christmas Day Dessert Bar
We will be hosting a Christmas Day dessert bar from 1pm to 4pm in our Bistro. This is a great way to be able to come and spend some time with your loved one on Christmas Day. Stop by with your family before or after your celebration and enjoy some dessert on us.

The beauty of living and working in our home is the amount of love, laughter and life we all share together. Precious moments are experienced here every day, and we are grateful to experience them with you!

Balloon Volleyball FUN!

Helen with entertainer Jason.

Super Patti, Super Nate, Super Elizabeth.

Rosemary and Mary’s fall creations.
Urinary Tract Infections in the Elderly
Did you know that urinary tract infections differ greatly in the younger community versus the elderly? A 35-year-old may experience painful burning sensations when urinating, whereas the elderly might not have pain or discomfort. As one ages, one’s immune responses change. Common signs to look for in the elderly that relate to infection is a sudden onset of urinary incontinence, falling, confusion, or not being able to perform daily tasks (feeding, dressing, bathing) themselves. It is very critical that water intake (in both men/women), wiping from front to back, and showering versus bathing is implemented, as it helps prevent the UTI.

Article written by;
Yolanda Washington, DRCS
Belmont Village Buckhead

“He who has health has hope, and he who has hope has everything.”
—Arabian Proverb

PAXXON TIP OF THE MONTH!
“All movement is good movement, so keep moving!”

MOVEMENT CLASSES
Zumba
1st and 3rd Mondays
Parkinson’s Exercise
Wednesday & Friday
Core & Balance
Tuesday & Thursday
Dancercise
Thursday
Seated Volleyball
Friday
Flex-Band & Walking
Saturday & Sunday

Please check your daily calendar for the times and locations of classes.

PAXXON THERAPY TALK
DISCUSSION TOPIC
Home Exercise Program
December 10th @ 10:00 am
Town Hall

Resident Services
Laboratory Services
The services are offered by appointment. Please see Nicole Motycka for more information.
Ask the Pharmacist
Pete Toke, PharmD, FASCP
Third Friday of the month at 2 p.m. in the library. Call the concierge desk to make an appointment.
Podiatry Services
Dr. Robin Pastore, D.P.M.
Dr. Elizabeth Pacocha
Call the concierge desk to make an appointment.
Audiologist
Dr. Sheri Billings, Aud F-AAA
from the Hearing Doctors.
Fourth Monday of the month at 9 a.m. in the library.
Call the concierge desk for an appointment.
Wheelchair Clinic
Third Monday of every month at 11 a.m. Sign up with Concierge.
Low Vision Support Group
Low Vision Support Group facilitated by Spectrios meets at Belmont Village on the second Sunday of the month in Town Hall. Residents with vision impairments are welcome.

Paxxon Therapy Hours
Monday - Friday
9 a.m. - 5 p.m.
The Belmont Scene

Resident Recipes (Rigatoni ala Vodka) with Jerry and son Mike!

What a cast of characters in our play “The Ring,” written by Jack Capron.

Rute tickling the ivories!

Battle of the kitchen carving contest!

Here is just one of our trick-or-treating families. We had over 10 families and over 40 kids looking for candy, Witch is a Geneva Road record!

The Julia Ks not only share initials, but also the scarecrow they created and named JK. What a team!

Belmont Village
SENIOR LIVING
GENEVA ROAD

545 Belmont Lane
Carol Stream, IL 60188
SC Lic. 47845
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