



# Belmont Village of Hollywood Hills VillageNEWS

2051 N. Highland Avenue • Los Angeles, CA 90068 • Phone 323-874-7711 • Fax 323-874-4123

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

August 2013

## Our Community Team

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Tom Park, Executive Director

“Keh Mur Rah Chen!” was the Bengali greeting as the first group of patients came in through the door of the schoolhouse we were using as a makeshift clinic. The sweltering August heat of Bangladesh, combined with the body heat of patients in the quickly-filling waiting area made for generally uncomfortable conditions. It didn’t help our comfort level that the local police, carrying Kalashnikov rifles, came out to provide crowd control when it was known Americans were in their town. It was the final day of our clinic and I was part of a group of volunteer on a medical mission to the outskirts of Dhaka, the capital of Bangladesh.

The end of our final day was drawing near, and as I finished assisting the doctor with a minor surgery on a child, I looked around in awe at the physicians, nurses and pharmacists, drained of energy and fatigued to their limits, who chose to donate their

time and expertise in a faraway land just because there was a need. Out of the over 230 patients who daily walked through the doors of the schoolhouse, many traveled very far distances for the opportunity to receive treatment from American doctors. I can only guess the number of lives that were impacted or saved because of the generous acts of a group of medical professionals who chose to go because they could help.

It has been ten years since I stepped foot on the streets of Dhaka and whenever the temperature soars into the higher digits, my thoughts will often reflect on the many nameless faces, both young and old, who visited our clinic throughout those remarkable August days.

I can only marvel at how even more remarkable the stories and experiences are for our residents who are considered part of our Greatest Generation. They lived through our nation’s Great Depression and served our country when the world was at war. It just reinforces my view that our residents here at Belmont Village are our greatest treasure.





Happy  
**Birthday**



**August Birthdays**

**Residents**

- 8/6 Yvonne Green
- 8/12 Emory Bass
- 8/14 Matthew Deutsch
- 8/18 Alma Finch
- 8/30 Natalie Kaplan
- 8/30 Johnny Tounjian

**Employees**

- 8/10 Patthama Pandey
- 8/14 Tara Jaeger
- 8/15 Cassidy Barnes
- 8/19 Maria Lewis
- 8/28 Shawn Reeves
- 8/31 Isreal Tan

Resident  
**Party**



**August Residents'  
Birthday Celebration**

in Josephine's Kitchen

Friday, Aug. 30

11 a.m.-1 p.m.

*Sherill Coltrin will be performing.*



Anna and Peter



Frank, Liz, Miriam, Issie and Anna

**August Entertainment**

*Join us for*

**Happy Hour with Entertainers:**

**Thursdays at 3:30 p.m.**

8/1 Sylvia Mora

8/8 Jimmy Brewster

8/15 Peggy Gohl

8/22 Bryan & Gilmore

8/29 Wendy & Rik

**Sundays at 3:30 p.m.**

8/4 Justin Curtis

8/11 Irby Gascon

8/18 Devon Henderson

8/25 Tony Dettore



Dorothy, Betty, Kelly, Frank, Darlene



**August Outings**

- 8/2 Out to the Movies
- 8/9 Lunch at Maggiano's
- 8/16 Lincoln: The Exhibition
- 8/23 Lunch at C.Cake Factory
- 8/30 Lake Shrine



**Josephine's Kitchen Serving Hours**

Breakfast 7-9 a.m.

Lunch 11 a.m.-1 p.m.

Dinner 4:30-7 p.m.

Breakfast-\$10,

Lunch/Dinner-\$12



**Caroline Park**

**NBHD LVN**

**Employee of the Month**

**July 2013**

Thank you for your hard work and dedication to our residents! You're the best!

**Extra Mile for July**

Blanca Bahena for going beyond the call of duty and always putting the needs of our residents first!

**Gotcha for July**

Lorna English was seen doing something great for our residents!

Thank you! Keep up the good work!



# MBA CLUB

MIND BODY AWARENESS CLUB AT BELMONT VILLAGE

Belmont Village's **MBA Club** is now available! The Club offers a fun, interactive way to meet your personal mental and physical fitness goals through **mind/body awareness (MBA)**. Recent studies have indicated that a combination of specially designed activities that engage mind, body and spirit contribute to a healthy brain and overall well-being. This is the foundation of our MBA Club.

The program offers a cross-section of activities that take the needs of the whole person into account for a holistic approach to wellness, including:

- Specially designed "mental workouts"
- Specific physical fitness activities
- Spiritual and creative pursuits
- Designated "brain foods" for nutritional guidance

To identify MBA-specific activities and foods, look for the MBA Club logo shown below on your monthly activity calendar and the Josephine's Kitchen menu.

**REMEMBER:** Participating in the full range of activities will produce the best results.

To learn more about the MBA Club and how you can join, please contact Jeremy your Activity Programs Coordinator!



Anna, Mary, & Miriam

## Aloha!

Join us for our  
**Annual Summer Luau**  
Saturday, Aug. 17

**3:30-4:30 p.m.**

Happy Hour Outdoor Concert  
with NaHoaloa O Polynesia  
Dancers

**4:30-7:00 p.m.**

Traditional Hawaiian  
Cuisine Dinner  
in the Courtyard

R.S.V.P. with the concierge  
or call (323) 874-7711.



Kim and Ann



Evelyn and Mani

## Transportation Schedule



Oscar

### Sunday

Church Runs/NBHD Outing

### Monday

Doctor Appointments  
9 a.m.–Noon 1–3 p.m.

### Tuesday

Doctor Appointments  
9 a.m.–Noon 1–3 p.m.

### Wednesday

Doctor Appointments  
9 a.m.–Noon 1–3 p.m.

**Thursday & Friday**  
Outings

### Saturday

Shopping at Local Stores  
Please schedule appointments  
TWO WEEKS PRIOR  
with Julia at the front desk,  
(323) 874-7711.



Julia



## Calendar Key

### First Floor

GR~Great Room

B~Bistro

JK~Josephine's Kitchen

TH~Town Hall

B~Billiards

CT~Courtyard

### Second Floor

S~Salon

O~Admin. Office

WC~Wellness Center

### Third Floor

L~Library

G~Green Room

### Fourth Floor

CL~Center for

Learning

CFLE~Center for

Life Enhancement

All activities subject to change and will be reflected on the Daily Schedule.



Don't forget ...  
We show your favorite movies  
*in the Green Room on the 3rd Floor*  
Every Evening at 7 p.m.

## Sunday



All Designated MBA  
Activities Are Underlined  
in the Calendar

## Monday



## Tuesday



Sunday	Monday	Tuesday
4	5	6
<p><b>9:00 Church Runs</b> <b>10:30 Scrabble &amp; Board Games-GR</b> <b>1:30 Silk Painting with Rhea-TH</b> <b>3:30 Happy Hour with Justin Curtis-GR</b> <b>6:15 Movie Club with Merle-G</b></p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 MBA Club Meeting-TH</b> <b>11:00 Activity Chat-TH</b> <b>1:30 Computer Help-CL</b> <b>2:30 You Be the Judge-GR</b> <b>3:30 20/Questions-GR</b> 7:00 Movie-G</p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Vocabulary Game-GR</b> 1:30 Bingo-TH <b>2:30 Mind Aerobics-GR</b> <b>3:30 Blurt!-GR</b> 7:00 Movie-G</p>
11	12	13
<p><b>9:00 Church Runs</b> <b>10:30 Scrabble &amp; Board Games-GR</b> <b>1:30 Think Tank-GR</b> <b>3:30 Happy Hour with Irby Gascon-GR</b> <b>6:15 Movie Club with Merle-G</b></p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Movie Committee Meeting-TH</b> <b>1:30 Computer Help-CL</b> <b>2:30 Trivia-GR</b> <b>3:30 20/Questions-GR</b> <b>6:00 Armchair Traveler with Merle-G</b> 7:00 Movie-G</p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Vocabulary Game-GR</b> 1:30 Bingo-TH <b>2:30 Mind Aerobics-GR</b> <b>3:30 Blurt!-GR</b> 7:00 Movie-G</p>
18	19	20
<p><b>9:00 Church Runs</b> <b>10:30 Scrabble &amp; Board Games-GR</b> <b>1:30 Silk Painting with Rhea-TH</b> <b>3:30 Happy Hour with Devon Henderson-GR</b> <b>6:15 Movie Club with Merle-G</b></p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Think Tank-GR</b> <b>1:30 Computer Help-CL</b> <b>2:30 You Be the Judge-GR</b> <b>3:30 20/Questions-GR</b> 7:00 Movie-G</p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Vocabulary Game-GR</b> 1:30 Bingo-TH <b>2:30 Mind Aerobics-GR</b> <b>3:30 Blurt!-GR</b> <b>6:00 Art History Lecture with Sharon-G</b> 7:00 Movie-G</p>
25	26	27
<p><b>9:00 Church Runs</b> <b>10:30 Scrabble &amp; Board Games-GR</b> <b>1:30 Name That Tune with Amy-GR</b> <b>3:30 Happy Hour with Tony Dettore-GR</b> <b>6:15 Movie Club with Merle-G</b></p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Think Tank-GR</b> <b>1:30 Computer Help-CL</b> <b>2:30 Trivia-GR</b> <b>3:30 20/Questions-GR</b> 7:00 Movie-G</p>	<p><b>9:30 Sit &amp; Be Fit Exercise-TH</b> <b>10:30 Vocabulary Game-GR</b> 1:30 Bingo-TH <b>2:30 Mind Aerobics-GR</b> <b>3:30 Blurt!-GR</b> 7:00 Movie-G</p>

# August 2013

## Wednesday

## Thursday

## Friday

## Saturday

	<p style="text-align: right;">1</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Scattergories-GR</b>            1:30 Bingo-TH            3:00 Laugh-In with Jeremy-GR  <b>3:30 Happy Hour with Sylvia Mora-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">2</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>            10:30 Butterfly Boutique-B            10:30 New Resident Orientation &amp; Friendly Friday-GR  <b>12:30 Outing to the Movies</b>  <b>1:30 Think Tank-GR</b>  <b>3:30 Painting Class-TH</b>            7:00 Movie-G</p>	<p style="text-align: right;">3</p> <p>9:00 A/L Shopping  <b>10:00 Tai Chi-4th Floor</b>  <b>1:30 Trivia With Fritz-GR</b>            2:30 Ice Cream Social-B  <b>3:00 Social Dance Class with Sloan-TH</b>            7:00 Movie-G</p>
<p style="text-align: right;">7</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Creative Writing Workshop with Yvonne-TH</b>  <b>1:30 Boot Camp with Lori-TH</b>  <b>2:30 Poker-B</b>  <b>3:30 Wheel of Fortune-GR</b>  <b>6:00 Music Appreciation Lecture with Seth-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">8</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Book Club with Merle-L</b>            1:30 Bingo-TH            3:00 Laugh-In with Jeremy-GR  <b>3:30 Happy Hour with Jimmy Brewster-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">9</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Celebration of Life Service-L</b>  <b>11:00 Lunch Outing to Maggiano's at the Grove</b>  <b>1:30 Biographies with Allan-GR</b>  <b>2:30 Think Tank-GR</b>  <b>3:30 Painting Class-TH</b>            7:00 Movie-G</p>	<p style="text-align: right;">10</p> <p>9:00 A/L Shopping  <b>10:00 Tai Chi-4th Floor</b>  <b>1:30 Trivia With Fritz-GR</b>            2:30 Ice Cream Social-B  <b>3:00 Social Dance Class with Sloan-TH</b>            7:00 Movie-G</p>
<p style="text-align: right;">14</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Current Events with Antonia-GR</b>  <b>1:30 Boot Camp with Lori-TH</b>  <b>2:30 Chat With the Chef-B</b>  <b>3:30 Wheel of Fortune-GR</b>  <b>6:00 Music Appreciation Lecture with Seth-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">15</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Scattergories-GR</b>            1:30 Bingo-TH            3:00 Laugh-In with Jeremy-GR  <b>3:30 Happy Hour with Peggy Gohl-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">16</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>            10:30 Resident Council with Tom-TH  <b>12:30 Outing to Lincoln: The Exhibition at the Ronald Reagen Library</b>  <b>1:30 Think Tank-GR</b>  <b>3:30 Painting Class-TH</b>            7:00 Movie-G</p>	<p style="text-align: right;">17</p> <p>9:00 A/L Shopping  <b>10:00 Tai Chi-4th Floor</b>  <b>1:30 Trivia With Fritz-GR</b>            2:30 Ice Cream Social-B  <b>3:30 Our Annual Luau Happy Hour Outdoor Concert with Luau Dancers-CT</b>  <b>4:30 Traditional Hawaiian Dinner-CT</b>            7:00 Movie-G</p>
<p style="text-align: right;">21</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Creative Writing Workshop with Yvonne-TH</b>  <b>1:30 Boot Camp with Lori-TH</b>  <b>2:30 Poker-B</b>  <b>3:30 Wheel of Fortune-GR</b>  <b>6:00 Music Appreciation Lecture with Seth-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">22</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Book Club with Merle-L</b>            1:30 Bingo-TH            3:00 Laugh-In with Jeremy-GR  <b>3:30 Happy Hour with Bryan &amp; Gilmore-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">23</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>11:00 Lunch at The Cheesecake Factory</b>  <b>1:30 Biographies with Allan-GR</b>  <b>2:30 Think Tank-GR</b>  <b>3:30 Painting Class-TH</b>            7:00 Movie-G</p>	<p style="text-align: right;">24</p> <p>9:00 A/L Shopping  <b>10:00 Tai Chi-4th Floor</b>  <b>1:30 Trivia With Fritz-GR</b>            2:30 Ice Cream Social-B  <b>3:00 Social Dance Class with Sloan-TH</b>            7:00 Movie-G</p>
<p style="text-align: right;">28</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Current Events with Antonia-GR</b>  <b>1:30 Boot Camp with Lori-TH</b>  <b>2:30 Poker-B</b>  <b>3:30 Wheel of Fortune-GR</b>  <b>6:00 Music Appreciation Lecture with Seth-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">29</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Scattergories-GR</b>  <b>1:30 Belmont Buck Auction-TH</b>  <b>3:30 Happy Hour with Wendy &amp; Rik-GR</b>            7:00 Movie-G</p>	<p style="text-align: right;">30</p> <p><b>9:30 Sit &amp; Be Fit Exercise-TH</b>  <b>10:30 Think Tank-GR</b>  <b>12:30 Lake Shrine</b>            11-1 August Birthday Celebration-JK  <b>2:30 Painting Class-TH</b>  <b>3:30 Shabbat Service-L</b>            7:00 Movie-G</p>	<p style="text-align: right;">31</p> <p>9:00 A/L Shopping  <b>10:00 Tai Chi-4th Floor</b>  <b>1:30 Trivia With Fritz-GR</b>            2:30 Ice Cream Social-B  <b>3:00 Social Dance Class with Sloan-TH</b>            7:00 Movie-G</p>



**Welcome**  
 New Residents

**& Friendly Friday**

Friday, Aug. 2  
 at 10:30 a.m.  
 in the Great Room

**Community News**

**Resident Council with the Executive Director - Tom**

Friday, Aug. 16  
 at 10:30 a.m.  
 in the Town Hall

**Chat With the Chef - Roy**

Wednesday, Aug. 14  
 at 2:30 p.m.  
 in the Bistro

**Chat With the Activities Director - Jeremy**

Monday, Aug. 5  
 at 11 a.m.  
 in the Town Hall



Chef Nicole and Chef Roy



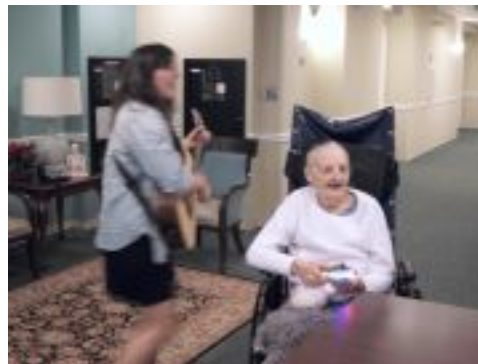
Issie Chesler

**POETRY CORNER**

**LOVE AND DESIRE**

LIVE WITH LOVE AND DESIRE  
 MAY YOUR DESIRE  
 BLOSSOM IN TO LOVE  
 IF YOU WANT TO AND  
 I AM ASLEEP WAKE ME  
 IF I DON'T WANT TO  
 THAN MAKE ME!

~ISSIE CHESLER



Helena and Crystal



COF goes to the Pig n Whistle!

**Neighborhood**

For those of you who didn't know, we have quite a few stars in the Neighborhood. Last month we premiered the Neighborhood movie. It was a nice afternoon of food, fun, and entertainment. The residents will be the stars of many movies to come with all the exciting activities we have going on in the Neighborhood. We have a wide variety of activities that include exercise, singing, dancing, joke time, entertainment, music therapy, and so much more.

**Circle of Friends**

Circle of Friends keeps growing and growing. We would like to welcome all the new members we have gained over the past few months. There is always room for more; all are welcome to see what we are up to. Speaking of what we have been up to, we have enjoyed quite a few outings, stayed up to date with current events and a whole lot more.



# Health News



Vida, Director of Resident Care

### Baby Boomer Health Trends

By 2050, the U.N. estimates for the first time ever, the world population will have more people over 65 than children age 5 and younger. Those born between 1946 and 1964-begin to enter their retirement years.

The health care system will have its hands full as baby boomers continue to retire in droves. By 2030, about 60 percent of boomers will experience more than one chronic health condition.

American boomers are expected to live longer than any previous generations. Boomers are also likely to remain independent and live in their own homes longer.

As more and more boomers reach retirement age, there is a generational focus on longevity and delaying the physical and visible effects of aging. It is no surprise that many boomers view exercise as a key ingredients to longer, healthier and happy life.

Four in five boomers are more food conscious, more attentive to food labels and know more about

the origins of their food products than they did in 1980. More are buying organic food items, and a larger percentage of their grocery purchases are organic products than they were in years past.

Baby boomers are living longer than any previous generation; they also have the dubious distinction of having the highest rates of obesity for their age bracket than any other generation. In 1994, 31 percent of those between than ages of 55 and 64 were obese, by 2002; the rate had climbed to 39 percent.

Source: By Tom Scheve at [health.howstuffworks.com](http://health.howstuffworks.com)



Arlowayne and Jerry enjoying the NBHD beautiful patio!



Alma and Goldie chatting in the NBHD!



Issie and Dodger Dave



Nick



Kelly and Robert



Frank Burns

# Our 2013 4th of July BBQ!



Miriam



Don and family



Ann



Francis



Johnny and family



Liz and Frank #2



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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)



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