



Belmont Village of Rancho Palos Verdes Village NEWS

5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

March 2016

Our Team

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Management Team

Kimberly M., Nerissa, Judi, Anthony, Anna, Terese, Kim S., David, Rene

Judi's Notes

According to the Gregorian calendar, March is the third month of the year. According to the early Roman calendar, it was the first month and was called Martius. The ancient Romans later made Jan. 1 the beginning of the year, and March became the third month on the calendar. March has always had 31 days. Its name honors Mars, the Roman God of War.

The winter ends with March and then comes Spring. Spring in the northern half of the world begins March 19, 20, or 21. It's the day when the sun is directly over the equator. March can either feel wintry or springy, with as many blustery, windy days as there are mild, sunny days.

In the northern hemisphere, the animals end their hibernation and many plants come to life again in March. The sap flows in the trees again and the buds begin to show up. Bears, woodchucks and chipmunks leave their hibernating spots. People begin to start looking for the first robin, for the beginning of spring arrival.

There are no national holidays in March, but there are important

state and religious holidays celebrated.

- Nebraskans celebrate the admission of their state to the Union on March 1.
- Texas celebrates March 2 as the anniversary of its independence from Mexico.
- On March 4, the people of Pennsylvania commemorate the granting of the state's charter to William Penn in 1681.
- The Irish celebrate March 17 as the feast day of St. Patrick.
- In Maryland, March 25 is set aside for a celebration of the arrival of the first Maryland colonists in 1634.
- The Jewish festival of Purim usually occurs in March. It is held on the day corresponding to the 14th day of Adar on the Hebrew calendar.



Judith Uy-Villaruz
Executive Director



March Resident Birthdays!

Joseph Hubbard	March 1
Katharine Baumann	March 8
Robert McCaman	March 16
Veronica McDonnell	March 20
Barbara Conard	March 22
Stephanie Enright	March 24
Dorothy Tyrrell	March 25
Heinz Gruber	March 28
Peggy Kiyuna	March 30



Join us on March 1st at 12 p.m. for birthday cakes in Josephine's Kitchen to celebrate everyone's birthday in March!

March Employee Birthdays!

Kimberly Melendez	March 4
Manuel Garcia	March 5
Lester Mayoca	March 8
Jaret Barajas	March 9
Rosecollect Onwu	March 10
Rea Sarmiento	March 14
Virginia R.	March 14
Nerissa Lagmay	March 17
Chenita DeLeon	March 26
Arlene Miranda	March 27
Raquel Ramirez	March 28



Happy St. Patrick's Day!

Join us for a fun-filled Sham-Rockin' Party!

*Thursday, March 17th,
11:30 - 1:00 p.m.
in Josephine's Kitchen!*

Enjoy great food and live entertainment by Betsy & Boyd duo!

Don't forget to wear GREEN or you might get pinched!

Easter Sunday

Join us for Easter Lunch on Sunday, March 27th, 11-1 p.m.

Easter Fun Facts!

- Easter derived its name from the Anglo-Saxon goddess Eastre, which symbolizes hare and egg
- Easter always falls between March 22 & April 25

Also join Kim on Thursday, March 24th, for a fun Egg-ceptional Hunt to win bingo bucks!



March Employee of the Month

Cynthia was nominated for Employee of the Month for always being a pleasure to work with. She is consistently willing to help others and sees to it that all the residents are well attended to. Since she joined our community, she has shown tremendous strengths in caregiving with her willingness to make everyone happy. Thank you, Cynthia, for all your hard work and dedication!



Cynthia Jimenez



Happy Anniversary

Families & friends please join us in celebrating our 12th Anniversary. We will be hosting a Sunday Parisian style brunch. Enjoy mimosas, your favorite brunch items and lovely tunes from Sherrill, the resident's favorite violinist.
Sunday, March 6th
10:00 a.m. to 1:00 p.m.
RSVP at 310-377-9977



Learning about the Los Angeles Port at the Maritime Museum Outing

Family Night - Dementia 101 Seminar

Residents & families are invited to learn more about signs & symptoms of dementia and how to communicate and work with loved ones with dementia. Please join Fernanda Miranda Belmont's Director of Activities and Memory Programing on
Thursday, March 10th, 5:30 p.m.
Light appetizers and drinks will be provided.

Shen Yun Show in Long Beach



Join us on Saturday, March 19th, for the 2pm matinee show of the wonderful performance Shen Yun.

"Shen Yun brings the profound spirit of this lost civilization to life on stage with unrivaled artistic mastery. Every dance movement, every musical note, makes this a stunning visual and emotional experience you won't find anywhere else. Banned in communist China today, the nonprofit Shen Yun is dedicated to reviving 5,000 years of divinely inspired civilization. Experience the Arts Connecting Heaven & Earth!"

Tickets range from \$80-\$180 depending on seats.
Opera or ballet performance attire is recommended. Show is 2 Hrs & 15 Mins. long.
Departure time from Belmont 12:30 p.m.

Out & About



March Outings

Lunch Outing to Gaetano's Italian Restaurant
Wednesday, March 2nd, at 11:00 a.m.

Peninsula Drop Offs
Wednesday, March 9th, at 11:00 a.m.

Shen Yun Show in Long Beach
Saturday, March 19th, at 12:30 p.m.

Peninsula Drop Offs
Wednesday, March 23rd, at 11:00 a.m.

Dinner Outing to Admiral Risty's
Wednesday, March 30th, at 4:00 p.m.



Lunch at El Pollo Inka

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:30 TH Sit & Be Fit 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 12:00 JK Birthday Cake Celebration 1:15 TH Jeopardy W/ Kim 🌿 2:00 JK Marketplace 2:30 PT Sharon's Bon Voyage Party! ★ 2:30 TH Current Events 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Lunch Outing to Gaetano's 1:30 TH Art Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	Butterfly Boutique 9:00 TH Shimmy Shape Up 🌿 10:15 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 1:30 TH Table Tennis 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Tatijana 6:30 TH Evening Movie	9:30 TH Brain & Body Yoga 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Sensory & Stimulus 🌿 3:30 GR High Tea W/ Tom H. 6:30 TH Evening Movie
6	7	8	9	10	11	12
9:00 TH Nondenominational Christian Communion Service 10:00 JK 12th Anniversary Brunch Celebration! ★ 10:00 3B Worship 10:30 TH Communion 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 2:30 TH Activity Chat & MBA Meeting 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:15 TH Jeopardy W/ Kim 🌿 2:00 JK Marketplace 2:30 TH Resident Council 3:30 TH Bingo 6:30 TH Evening Movie or News	Oujabah Boutique 9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Peninsula Drop-Off 11:00 TH Creative Song Writing Class 🌿 1:15 TH Jewelry Making 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Italian Class 🌿 1:30 TH Resident of the Month 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Jackie Bowe 6:30 TH Evening Movie	9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Musical Trivia 🌿 3:30 GR High Tea W/ Penny Royals 6:30 TH Evening Movie
13	14	15	16	17	18	19
10:00 3B Worship 10:30 TH Communion 1:00 TH There & Back History 🌿 2:45 TH Bingo 3:30 GR Champagne & Entertainment W/ Julie Okah 6:30 TH Evening Movie or News	9:30 TH Balance Exercise 🌿 10:00 TH Boot Camp 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 2:30 TH What's Cooking?! 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit Exercise 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:15 TH Jeopardy W/ Kim 🌿 2:00 JK Marketplace 2:30 TH Current Events 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 1:30 TH Art Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	St. Patrick's Day! 9:00 TH Shimmy Shape Up 🌿 10:15 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 1:30 TH Table Tennis 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 3:30 St. Patrick's Day Show W/ Boyd & Bets 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Carla Dominguez 6:30 TH Evening Movie	9:30 TH Brain & Body Yoga 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 12:30 Shen Yun Show Outing! 1:15 TH Sensory & Stimulus 🌿 3:30 GR High Tea W/ Joyce Garro 6:30 TH Evening Movie
20	21	22	23	24	25	26
First Day of Spring 9:30 TH Nondenominational Christian Communion Service 10:00 3B Worship 10:30 TH Communion 12:00 GR 3:30 Violinist & Pianist Students of Beth Howell 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:15 TH Drum Circle 🌿 2:30 TH Knitting & Crochet 🌿 3:30 TH Discussion Group on Aging W/ Robin 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:15 TH Jeopardy W/ Kim 🌿 2:00 JK Marketplace 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Peninsula Drop-Off 1:15 TH Jewelry Making 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 Boot Camp 🌿 11:00 TH Italian Class 🌿 2:00 GR Egg-ceptional Egg Hunt! 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Two for the Show 6:30 TH Evening Movie	9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 3:30 GR High Tea W/ Music To Remember 6:30 TH Evening Movie
27	28	29	30	31	Calendar is Subject to Change. Please Join Us for Activity Chat to Discuss Any Date & Time Changes	
Easter Sunday 10:00 3B Worship 10:30 TH Communion 11:00 JK Easter Sunday Lunch W/ Entertainment by Vic Moraga ★ 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Balance Exercise 🌿 10:00 TH Boot Camp 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 2:30 GR Sharpen Your Senses 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:15 TH Jeopardy W/ Kim 🌿 2:00 JK Marketplace 2:30 TH Chef Chat 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 4:00 Dinner Outing: Admiral Risty's 6:30 TH Evening Movie or News	9:30 TH Shimmy Shape Up 🌿 10:00 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 2:00 GR Resident Social Food Tasting! 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News		



Valentine's Day Activities in the Neighborhood!



Anna & Roberta!



Sharon's Bon Voyage Party!



Sharon truly puts a smile on everyone's faces. She genuinely makes your experience here at Belmont wonderful and she will be surely missed! Join us on **Tuesday, March 1st, at 2:30 p.m. in Town Hall** for Sharon's "Bon Voyage" Party!



Mr. & Mrs. Fujikawa

Neighborhood News!

Neighborhood residents had a great time celebrating "Valentine's Day" especially this couple. They don't live together in the Neighborhood, but against all odds, staff made sure that they had a great experience on Valentine's Day! Our Neighborhood residents enjoyed making cards, arts and crafts and giving them away to their pals. This month, we'll get back to gardening, and residents can start planting their very own spices. If we are successful, Josephine's Kitchen can use our spices for their cooking. Wouldn't it be nice?

Circle of Friends News!

It's sad to say goodbye to love! February was just an amazing month for our COF residents. We made cards and candy giveaways and celebrated 6 birthdays exclusively for our COF residents at the Red Onion Restaurant. Thank you to the family members who joined the celebration.

This month, I am hoping that our COF residents will be excited to start our gardening activity again.

We have a new high-rise bed garden, so the residents can enjoy planting their favorite flowers and cultivate the soil; after all, spring is fast approaching! On top of this activity, residents will be making gift basket giveaways for our family members and staff to show our appreciation. Hope you all enjoyed our Valentine's Day candy mason jars last month!



Happy Birthday, Jean!



Birthday Plan for Wanda!



Nerissa's Notes:

March is "Brain Injury Awareness" month.

When we think or hear of a brain injury, we refer to it as either organic, brain tissue or toxic chemical destruction, or physical trauma. There is another type of brain injury that is now commonly known to us, the Post Traumatic Stress Disorder (PTSD).

We are faced by many more challenges with the prevalence & high incidences of PTSD. PTSD has been in existence for many years. It has been suggested to be the result of an emotional response to environmental events with underlying psychological trauma. We see more & more cases of diagnosed PTSD especially among combat soldiers, "Our Vets" who came home from the war. We have seniors in our Community who were in World War II, Korea and the Vietnam War. Most of them do not like to talk about the details of what they experienced during the war. It's emotionally disturbing to them. PTSD presents the characteristic symptoms of high anxiety, hyper vigilance, irritability, difficulty calming down, negativity, exaggerated reaction to stimuli, and some become antisocial or have difficulty with interpersonal relationships. The trauma is so complex that resulted from repeated, prolonged exposure to multiple forms of interpersonal

trauma, often under certain circumstances where escape was not possible. In order to understand the complexity of PTSD, we need to know the different perspective of the disorder. We need more Health Care Professionals or Providers who will focus on treating and assisting those individuals, especially those victims of war. Challenges with PTSD have just begun for the new generation to come.

Please support our troops!



Mr. & Mrs. Duda enjoying dinner at Josephine's Kitchen



Dixie Dazzlers entertaining our residents & families!

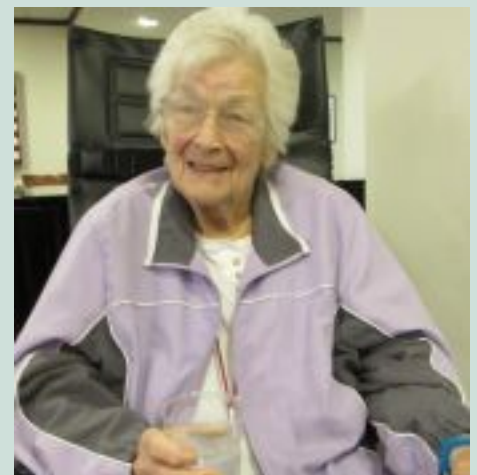
Welcome New Residents

Welcome, new residents! We are so happy you are here. If there is anything we can do to make your transition here any easier, please let us know.

New Residents:

Betty McLachlan
James Loftus
Edward & Nancy Sivas
Herbert and Julia Kolonder

We would like to invite you all to our resident social on Thursday, March 31st, at 2 p.m., in the Great Room for our Food Tasting Resident Social!



Rita, one of our new residents from January 2016!

Thank You to All Our Belmont Village Veterans



Thank you, Sanford, for your service.



Mr. Smith at the American Heroes Event



Bartley and his daughter at the American Heroes Event



Bruce Kaji accepting his American handmade quilt



John accepting his American Heroes Photo



Thank you to the color guards for honoring our Veterans

BELMONT *Village*

SENIOR LIVING
RANCHO PALOS VERDES

5701 Crestridge Road
Rancho Palos Verdes, CA 90275

RCFE Lic. 198204246
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