



# Belmont Village of Thousand Oaks Village NEWS



3680 N Moorpark Rd. • Thousand Oaks, CA 91360 • Phone 805-496-9301 • Fax 805-496-9303

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

July 2013

## Our Community's Team

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Activity Program Coordinator

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## Jesse Zamudio, Executive Director



### Summer Membership Drive Underway – Ask about MBA!

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.

MBA Club membership is free of charge and includes:

- **Personal trainer** to provide a complete mental fitness pre-assessment, establish individual goals, and to track progress on a personal worksheet
- **Fitness workbook** for storing goal sheets and class materials
- **Fun, supportive monthly MBA Club meetings** to share experiences, give encouragement and receive feedback
- **Official MBA Club t-shirt and lapel pin**

To learn more about the MBA Club and how you can join, please contact Cindy Carbee, Activity Programs Coordinator.





Happy  
**Birthday**



**Resident Birthdays!**

July 6	Anne B.
July 11	Conrad K.
July 12	Connie S.
July 13	Marty A.
July 23	Stu C.
July 24	Harold T.
July 24	Ken R.
July 26	Florita M.
July 27	Paul M.
July 28	Florita W.
July 31	Pat H.



Stu, one of our July birthdays, welcomes summer with his wife and daughter at our June concert.

**Staff Birthdays!**

July 5	Alvaro N.
July 12	Vanessa M.
July 12	Michelle M.
July 13	Donnie H.
July 14	Tiffany J.
July 15	Melisa S.
July 16	Jennifer A.
July 18	Barry R.
July 22	Rosario C.
July 23	Tara Scoggins
July 23	Knottlynn T.
July 26	Joaquin C.

**Fun at the Masanga  
Marimba Summer  
Concert**



Erika Miller  
Congratulations on a job well done!

**Employee of the Month**

Erika is a full time nurse at Belmont. She has two children, a boy and a girl, ages 7 and 9. She enjoys reading, camping and spending quality time with her family.

Erika became a nurse because she finds happiness in caring for others. She has been with our community for 1 ½ years. You'd have to be a night owl or an early bird to know her well because she covers the 3rd shift. She is well liked by all those who know her and is always available for her team. Some think her middle name should be *reliable*.





## Christa Giraldo, Director of Resident Care Services



### Heat Exhaustion

The body cools itself most efficiently by sweating and having that sweat evaporate. Should sweating be unable to meet the cooling demands of the body, related illness can occur.

Heat exhaustion includes profuse sweating, weakness, nausea, vomiting, headaches and muscle spasms. The affected individual may have a low-grade fever.

Heat exhaustion occurs when a person exercises and works in a hot environment and the body cannot cool itself adequately. Dehydration occurs with water loss from excessive sweating which causes muscle cramps, weakness, nausea and vomiting. This makes it difficult to drink enough fluid to replenish the

body's water supply, and the lack of body water impairs further sweating, evaporation and cooling.

Understanding one's environment is perhaps the most important step in preventing heat-related illness. If possible, strenuous activities should not be performed in hot or excessively humid environments. A person at risk for heat exhaustion should watch their urine output. If the body is dehydrated, the kidneys will hold onto water and make concentrated, strong smelling urine. If enough water is present, the urine will turn clear.

Acclimating to conditions allows the body to perform in situations that would otherwise be difficult. The body will make physiological changes allowing it to clear more efficiently, if it has gradual exposure to hot conditions. Moving from cool to very hot environment quickly increases the risk of developing heat related illness symptoms.



Clare keeps cool in the shade of her wonderful straw hat.



Phil, Laurel and their granddaughter clap along to the music

## Join the Conversation! Activity Planning Meeting

**Tuesday, July 2,  
3 p.m. in the Center for  
Learning, 3rd Floor**

## Welcome Committee Meeting

**Tuesday, July 9,  
3 p.m. in the Center for  
Learning, 3rd Floor**

## Resident Council Meeting

**Tuesday, July 16,  
2:30 p.m. in the Center  
for Learning, 3rd Floor**

## Chef Chat

**Tuesday, July 23,  
1:30 p.m. in Josephine's  
Kitchen**



## Calendar Key

### First Floor

- GR Great Room  
JK (T) Josephine's Kitchen (Terrace)  
CE (T) Center for Life Enhancement (Terrace)  
B Bistro

### Second Floor

- TH (T) Town Hall


### Third Floor

- CL Center for Learning

## Transportation Schedule

- Sun. Church Runs  
Local Shopping  
Park & Library outing
- Mon. Local Errands  
see calendar  
COF Outing
- Tues. Doctor App.
- Wed. AL Outing  
Errand or shopping  
see calendar
- Thurs. Doctor App.
- Fri. Neighborhood Scenic Drive  
Mall Outing  
see calendar  
Errands  
see calendar
- Sat. Temple Run  
Local Errands

## Sunday



8:30 Church Runs	7
9:30 Morning Exercise TH	
10:00 <b>Songs for the Soul With Jerry Weisbecker</b> TH	
11:30 <b>Golden Hammer With Ray</b> JK	
1:00 <u>Current Events With Ed</u> TH	
2:45 <b>Park/Library Outing</b>	
4:30 Games With Cara B	
6:30 Play Rummikub GR	
7:00 Movie TH	
8:30 Church Runs	14
9:30 Morning Exercise TH	
10:00 <b>Songs for the Soul With Terry Lieberstein</b> TH	
1:00 <u>Current Events With Ed</u> TH	
2:45 <b>Park/Library Outing</b>	
3:00 <b>Eye Know Trivia With Gladys</b> TH	
4:30 Games With Cara B	
6:30 Play Rummikub GR	
7:00 Movie TH	
8:30 Church Runs	21
9:30 Morning Exercise TH	
10:00 <b>Songs for the Soul With Marion Calhoun</b> TH	
1:00 <u>Current Events With Ed</u> TH	
2:45 <b>Park/Library Outing</b>	
3:00 <b>Open Forum With Jesse</b> TH	
4:30 Games With Cara B	
6:30 Play Rummikub GR	
7:00 Movie TH	
8:30 Church Runs	28
9:30 Morning Exercise TH	
10:00 <b>Songs for the Soul With Jerry Katz</b> TH	
1:00 <u>Current Events With Ed</u> TH	
2:45 <b>Park/Library Outing</b>	
3:00 <b>Open Forum With Christa</b> TH	
4:30 Games With Cara B	
6:30 Play Rummikub GR	
7:00 Movie TH	

## Monday

9-11:30 Errands With Ed	1
9:30 <u>Boot Camp</u> TH	
10:15 <b>Music Therapy With Irby</b> TH	
2:00 <u>Balance Class</u> CE	
2:45 <u>Video Production</u> CL	
3:30 Knitting With Araski GR	
6:45 <b>Intergenerational Activities With Local Youth</b> GR & B	
8:00 Movie TH	
9:30 <u>Boot Camp</u> TH	8
10:15 <b>Music Therapy With Irby</b> TH	
2:00 <u>Balance Class</u> CE	
2-4:30 Errands With Ed	
2:45 <b>New Resident Orientation</b> CL	
3:30 Knitting With Araski GR	
6:45 <b>Activities With Local Youth</b> GR & B	
8:00 Movie TH	
9:30 <u>Boot Camp</u> TH	15
10:15 <b>Music Therapy With Irby</b> TH	
2:00 <u>Balance Class</u> CE	
2:30 Hearing Clinic CL	
3:30 Knitting With Araski GR	
6:45 <b>Intergenerational Activities With Local Youth</b> GR & B	
8:00 Monday's Musical TH	
9:30 <u>Boot Camp</u> TH	22
10:15 <b>Music Therapy With Irby</b> TH	
2:00 Vision Clinic CL	
2:00 <u>Balance Class</u> CE	
2:45 <u>Math Minds: Texas Hold'em</u> : B	
3:30 Knitting With Araski GR	
6:45 <b>Activities With Local Youth</b> GR & B	
8:00 Monday's Musical TH	
9:30 <u>Boot Camp</u> TH	29
10:15 <b>Music Therapy With Irby</b> TH	
2:00 <u>Balance Class</u> CE	
2:45 <u>Math Minds: Texas Hold'em</u> B	
3:30 Knitting With Araski GR	
6:45 <b>Intergenerational Activities With Local Youth</b> GR & B	
8:00 Monday's Musical TH	

## Tuesday

9:30 Sit and Be Fit TH	2
10:00 Yoga for Seniors TH	
1:00 Beginning Computer CL	
2:00 <u>Boot Camp</u> TH	
3:00 <b>Activity Planning Meeting</b> CL	
4:00 <u>Beginning Spanish</u> CL	
6:30 Horse Racing GR	
8:00 Terrific TV Tuesdays TH	
9:30 Sit and Be Fit TH	9
10:00 Yoga for Seniors TH	
1:00 Beginning Computer CL	
2:00 <u>Boot Camp</u> TH	
3:00 <b>Welcome Committee Meeting</b> CL	
4:00 <u>Beginning Spanish</u> CL	
6:30 Horse Racing GR	
8:00 Terrific TV Tuesdays TH	
9:30 Sit and Be Fit TH	16
10:00 Yoga for Seniors TH	
1:00 Beginning Computer CL	
2:00 <u>Boot Camp</u> TH	
3:00 <b>Resident Council Meeting</b> TH	
4:00 <u>Beginning Spanish</u> CL	
6:30 Horse Racing GR	
8:00 Terrific TV Tuesdays TH	
9:30 Sit and Be Fit TH	23
10:00 Yoga for Seniors TH	
11:00 <b>MBA Club Meeting Lunch Outing</b>	
1:00 Beginning Computer CL	
1:30 <b>Chef Chat</b> JK	
2:00 <u>Boot Camp</u> TH	
2:45 <b>Senior Scholars</b> TH	
4:00 <u>Beginning Spanish</u> CL	
6:30 Horse Racing GR	
8:00 Terrific TV Tuesdays TH	
9:30 Sit and Be Fit TH	30
10:00 Yoga for Seniors TH	
10-2 Braille Mobile Solutions	
1:00 Beginning Computer CL	
2:00 <u>Boot Camp</u> TH	
2:30 <b>Belmont's Got Talent!</b> JK	
4:00 <u>Beginning Spanish</u> CL	
6:30 Horse Racing GR	
8:00 Terrific TV Tuesdays TH	



# July 2013

Wednesday	Thursday	Friday	Saturday
<b>All Day Errands With Ed!</b> <span style="float:right">3</span> 9:30 <u>Boot Camp TH</u> 10:30 <u>Math Minds: Texas Hold'em B</u> 2:00 <u>Sit and Be Fit TH</u> 2:30 <u>Fiesta Chair Dance TH</u> 3:00 <u>Crafters Corner TH</u> 3:30 <u>Scrabble With Rita B</u> 6:30 <u>Wii Bowling GR</u> 7:00 <u>Movie TH</u>	<b>Independence Day</b> <span style="float:right">4</span> 9:30 Morning Exercise TH 11-1 <b>4th of July BBQ JK</b> 2:00 Afternoon Exercise TH 2:30-6 <u>Errands With Ed</u> 3:00 <b>Independence Day Entertainment With the Down Home Singers JK</b> 7:00 Fireworks Outing	<span style="float:right">5</span> 9:30 <u>Boot Camp TH</u> 10:00 Mexican Train With Stu and Hertha CL 1:15 Shabbat 4th Floor 2:00 <u>Balance Class CE</u> 3:00 <b>Mall Outing With Tammy</b> 6:30 Wii Games in the Great Room 7:00 <u>Movie TH</u>	<span style="float:right">6</span> Temple Runs 9:30 Morning Exercise TH 10:30 <b>100 Years 100 Top Movies Countdown With Cindy TH</b> 1:30 <u>Floral Arranging With Tammy TH</u> 3:00 <b>Afternoon Entertainment With Aaron Kelly JK</b> 6:30 <u>Bingo GR</u> 7:00 <u>Nightly Movie TH</u>
<span style="float:right">10</span> 9-10:30 <u>Trader Joe's With Ed</u> 9:30 <u>Boot Camp TH</u> 11:00 <b>Lunch &amp; Beach Outing to Paradise Cove</b> 2:00 <u>Sit and Be Fit TH</u> 2:30-4:30 <u>Target With Ed</u> 3:30 <u>Scrabble With Rita B</u> 4:00 <u>Crafters Corner TH</u> 6:30 <u>Wii Bowling GR</u> 7:00 <u>Movie TH</u>	<span style="float:right">11</span> 9:00 Eucharistic Minister TH 9:30 <u>Sit and Be Fit TH</u> 10:00 <u>Fiesta Chair Dancing TH</u> 10:30 <u>Black Jack With Alex B</u> 1:00 <u>Play Mah Jongg B</u> 2:00 <u>Boot Camp TH</u> 3:00 <b>Happy Hour With Mike Chamberlain JK</b> 6:30 <u>Wii Games GR</u> 7:00 <u>Movie TH</u>	<span style="float:right">12</span> 9:30 <u>Boot Camp TH</u> 10:00 Mexican Train CL 1:15 Shabbat With Rabbi Bryski 4th Floor 2:00 <u>Balance Class CE</u> 3:00 <b>Food for Thought: Peaches TH</b> 6:30 Wii Games in the Great Room 7:00 <u>Movie TH</u>	<span style="float:right">13</span> Temple Runs 9:30 Morning Exercise TH 10:30 <b>100 Years 100 Top Movies Countdown With Gladys TH</b> 1:30 <u>Floral Arranging With Tammy TH</u> 3:00 <b>Afternoon Entertainment With Jimmy Brewster JK</b> 6:30 <u>Bingo GR</u> 7:00 <u>Nightly Movie TH</u>
<b>All Day Errands With Ed!</b> <span style="float:right">17</span> 9:30 <u>Boot Camp TH</u> 1:00 <b>Drum Circle TH</b> <b>TBD Movie Matinee Outing</b> 2:00 <u>Sit and Be Fit TH</u> 3:30 <u>Scrabble With Rita B</u> 4:00 <u>Crafters Corner TH</u> 6:30 <u>Wii Bowling GR</u> 7:00 <u>Movie TH</u>	<span style="float:right">18</span> 9:00 Eucharistic Minister TH 9:30 <u>Sit and Be Fit TH</u> 10:00 <b>Jewelry Making With Laura TH</b> 10:30 <u>Black Jack With Alex B</u> 1:00 <u>Play Mah Jongg B</u> 2:00 <u>Boot Camp TH</u> 3:00 <b>Happy Hour With Stu &amp; Laurie JK</b> 6:30 <u>Wii Games GR</u> 7:00 <u>Movie TH</u>	<span style="float:right">19</span> 9:30 <u>Boot Camp TH</u> 10:00 Mexican Train With Stu and Hertha CL 1:15 Shabbat With Rabbi Bryski 4th Floor 2:00 <u>Balance Class CE</u> 3:30 <b>Learning Corner: How to Play Casino Craps TH</b> 6:30 Wii Games in the Great Room 7:00 <u>Movie TH</u>	<span style="float:right">20</span> Temple Runs 9:30 Morning Exercise TH 10:30 <b>100 Years 100 Top Movies Countdown With Jesse CL</b> 1:30 <u>Floral Arranging With Tammy TH</u> 3:00 <b>Afternoon Entertainment With Tom Sperry JK</b> 6:30 <u>Bingo GR</u> 7:00 <u>Nightly Movie TH</u>
<span style="float:right">24</span> 9:30 <u>Boot Camp TH</u> 10:30 <b>IMAX at the California Science Center Outing</b> 2:00 <u>Sit and Be Fit TH</u> 3:30 <u>Scrabble With Rita B</u> 4:00 <u>Crafters Corner TH</u> 6:30 <u>Wii Bowling GR</u> 7:00 <u>Movie TH</u>	<span style="float:right">25</span> 9:00 Eucharistic Minister TH 9:30 <u>Sit and Be Fit TH</u> 10:00 <u>Fiesta Chair Dancing TH</u> 10:30 <u>Black Jack With Alex B</u> 1:00 <u>Play Mah Jongg B</u> 2:00 <u>Boot Camp TH</u> 4-8:00 <b>Belmont's 2nd Anniversary Casino Party JK</b> 7:00 <u>Movie TH</u>	<span style="float:right">26</span> 9:30 <u>Boot Camp TH</u> 10:00 Mexican Train With CL 11:30 <b>Birthday Luncheon JK</b> 1:15 Shabbat 4th Floor 2:00 <u>Balance Class CE</u> 3:00 <b>Food for Thought: Blueberries TH</b> 3:30 <b>Mall Outing With Tammy</b> 6:30 Wii Games in the Great Room 7:00 <u>Movie TH</u>	<span style="float:right">27</span> Temple Runs 9:30 Morning Exercise TH 10-2 <u>Tracie's Boutique B</u> 10:30 <b>100 Years 100 Top Movies Countdown With Christa TH</b> 1:30 <u>Floral Arranging TH</u> 3:00 <b>Afternoon Entertainment With Joey Aaron JK</b> 6:30 <u>Bingo GR</u> 7:00 <u>Nightly Movie TH</u>
<span style="float:right">31</span> 9-10:30 <u>Trader Joe's With Ed</u> 9:30 <u>Boot Camp TH</u> 11:00 <b>Ventura County Fair Outing</b> 2:00 <u>Sit and Be Fit TH</u> 3:30 <u>Scrabble With Rita B</u> 4:00 <u>Crafters Corner TH</u> 4:30-7 <b>Fiesta Dinner JK</b> 6:30 <u>Wii Bowling GR</u> 7:00 <u>Movie TH</u>	<div style="text-align: center;">   <b>All Designated MBA Activities Are Underlined in the Calendar</b> </div>	<p><b>Sign up with the concierge for all outings, errands and doctor appointments 48 hours in advance so that your transportation needs can be efficiently accommodated.</b></p> <p>Please note the calendar is subject to change. Changes will be noted on the daily activity sheets and posted each day.</p>	<div style="text-align: center;">  </div>



## July Outings for Circle of Friends

- July 1- Ronald Reagan Library: Abraham Lincoln Exhibit
- July 12- Natural History Museum: Butterfly Pavilion
- July 15- Claim Jumper Lunch Outing
- July 22- Movie Outing "The Lone Ranger"
- July 29- Scenic Drive and a Picnic



## Circle of Friends Corner



The Circle of Friends kicked off the hot summer season in June! We all had a fabulous time dancing and listening to the great sounds of The Masanga Marimbas at the outdoor summer concert. Then, the Father's Day Luncheon celebration was a lot of fun. Lunch at the Paradise Cove Beach Café was the grand finale to an amazing June and a huge hit with residents and families. We are all excited to see what July holds!

The Circle of Friends has also

been busy tending to their live butterfly garden. They are witnessing firsthand the miracle of metamorphosis. Stop by the 4th floor to sneak a peek at the beautiful butterflies before we release them into the wild.







# **Memory Care Neighborhood**



Amanda dances with Lisa

## **Amanda Senger, Memory Program Coordinator**

The Neighborhood is so thrilled that summer has arrived! We have spent a lot more time in the courtyard basking in the sun. Did you know that there are a lot of positive health benefits that can come from the sun? The UV rays produce vitamin D in our bodies which helps to strengthen bones, muscles and the body's immune system. It is also shown that sunlight stimulates the brain to help improve our mood! This is why the Neighborhood can't wait for the Fourth of July BBQ!! We will be holding it in our courtyard! So families, make sure to stop by and grab lunch! But don't worry, with the BBQ and summer season approaching we will continue to stay hydrated and use sunscreen!



## **Residents Enjoying Beautiful Summer Weather**





# Village Scene



June and Cyril enjoying a nice day



Betty enjoys time with her family



Vita at the Huntington Gardens



Anna sings along at our concert



Maxine's family = FUN



A beautiful day for cherry picking



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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)