

THE VILLAGE NEWS



A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

AUGUST 2020



FROM THE DESK OF



LOLA BULLOCK, EXECUTIVE DIRECTOR IN-TRAINING

COVID-19. Social Distancing. Quarantine. Masking.

The past five months have introduced all of us to a newfound relationship on these four ideals. We could have never imagined the impact that **COVID-19** would have on the nation and Belmont Village Sunnyvale. Our sense of community has shifted and we have been required to restructure how we operate but most importantly, how we facilitate resident and family interaction. Understandably, **quarantine** has caused changes in our residents and we are laser focused on maintaining social interactions. Utilizing technology

such as FaceTime, Zoom, and Skype has assisted in alleviating some of the burden of isolation and missing family. There is nothing more poignant than being able to hold a loved one's hand, hug them, and kiss them, which is impossible to do through technology. Know that we are working diligently with the Santa Clara Department of Health, Community Care Licensing, and Belmont Village to work on a structured, phased-in approach to getting us back to a semblance of normalcy. We appreciate your resilience, compassion, and support during the last few months. We cannot say "Thank You" enough for entrusting us with the care of your loved ones. Although we are unable to tell and show you face to face due to **social distancing**, we are thinking of all our families. We are sending all of you virtual hugs!

Our staff continue to work tirelessly and without hesitation during this unprecedented time. As you are all aware, our community was not spared from exposure to COVID-19. Our staff continued to work diligently to support all of our residents and took all precautions to stay safe and healthy.

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Happy Birthday

RESIDENT BIRTHDAYS

- August 3rd Bertha H.
- August 8th Margaret A.
- August 13th Flora T.
- August 16th Elaine M.
- August 18th Harry H.
- August 24th David A.

STAFF BIRTHDAYS

- August 1st Merlita S.
- August 2nd Jeva M.
- August 2nd Evelyn P.
- August 6th Neomi S.
- August 11th Shirlymar C.
- August 16th Venus H.
- August 19th Anastasia N.
- August 22nd Edminda G.
- August 24th Kyvon L.
- August 24th Shahla F.
- August 25th Jennifer P.
- August 25th Punem K.
- August 27th Rachana S.



CIRCLE OF FRIENDS



Mary Lou Cook once said “Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.”

As we adjust to a new way of learning and engaging, we are taking the opportunities to be creative in how we overcome new obstacles and hone the silver linings. At Belmont, helping our residents thrive has

always been a priority. A big part of making that possible is through striving to create the “Just right” challenge for every individual: this means helping them engage at their highest possible level by adapting the activities, prompts, and challenges to better suit their needs.

During this time, we have been building stronger connections with each of our residents

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EMPLOYEE OF THE MONTH

August’s Employee of the Month is Athena He.

Here are some words from her: “As one who is relatively new to Belmont, I feel honored to be Employee of the Month. In nursing, no one could stand out solely without terrific teamwork. Therefore, I’d like to share this recognition with all PALS, housekeeping, kitchen staff, and every coworker in the building. I appreciate all your support and encouragement to help in my professional growth. Thank you! You ARE the superheroes!”



STRENGTHENING YOUR IMMUNE SYSTEM

The immune system is made up of a network of cells and proteins that defend the body. It protects us from germs such as bacteria, viruses, or other foreign invaders that cause illness. The main job of the immune system is to fight infection and reduce the risk of contracting contagious diseases. There are many steps individuals can take to strengthen the immune system, and reinforce the body's defenses.

Follow a Healthy Diet

Eat a healthy, nutrient-rich diet to help fight viruses. A diet rich in fruits, vegetables, nuts, and legumes contain vitamins and antioxidants that help boost the immune system, and promotes good health. Choose lean meats, and reduce intake of sugar, fat, and processed foods.

Get Active

Engaging in moderate exercise helps strengthen the immune system. Regular physical activity aids the body fight infections. Thirty minutes of physical activity three times a week such as walking, swimming, yoga, or steady bicycling are all good ways to

stay active.

Get Enough Sleep

Lack of sleep can suppress the immune system. It is important to get seven to nine hours of sleep per night. To help sleep better, keep your room dark, quiet and cool. Maintain a regular sleep-wake schedule to optimize the quality of your sleep.

Maintaining Healthy Stress Levels

Lowering your stress level is an important way to help the immune system. Chronic stress lowers your immune response, making you susceptible to illness. Take part in activities you enjoy such as reading, gardening, meditation, and exercise to manage and lower stress.

Written by: Marina Bonilla



CELEBRATING DAD

Back in June, we took a moment to celebrate our fathers with a mug that expressed how awesome he is and that how he is worth more than gold!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10:30 In Room Bingo for 1st & 2nd Floor 12:00 Door to Door Let's Get Fit for rooms 236-246	4 10:00 Door to Door Market Place 1:30 Door to Door Let's Get Fit for rooms 318-346	5 10:30 In Room Bingo for the 3rd Floor 2:30 Door to Door Happy Hour	6 1:30 Door to Door Let's Get Fit for room 417-427 1:30 Ladies' Program 2:30 Ladies' Conference Call	7 10:30 In Room Bingo for the 4th Floor	8
9	10 10:30 In Room Bingo for 1st & 2nd Floor 1:30 Door to Door Let's Get Fit for rooms 123-235	11 10:00 In Room Sunnyvale Public Library Book Pick Up 1:30 Door to Door Let's Get Fit for rooms 301-317	12 10:30 In Room Bingo for the 3rd Floor 2:30 Door to Door Happy Hour	13 1:30 Door to Door Let's Get Fit for room 401-416	14 10:30 In Room Bingo for the 4th Floor	15
16	17 10:30 In Room Bingo for 1st & 2nd Floor 12:00 Door to Door Let's Get Fit for rooms 236-246	18 10:00 Door to Door Market Place 1:30 Door to Door Let's Get Fit for rooms 318-346	19 10:30 In Room Bingo for the 3rd Floor 2:30 Door to Door Happy Hour	20 1:30 Door to Door Let's Get Fit for room 417-427 1:30 Men's Program 2:30 Men's Conference Call	21 10:30 In Room Bingo for the 4th Floor	22
23	24 10:30 In Room Bingo for 1st & 2nd Floor	25 1:30 Door to Door Let's Get Fit for rooms 301-317	26 10:30 In Room Bingo for the 3rd Floor 2:30 Door to Door Happy Hour	27 1:30 Door to Door Let's Get Fit for room 401-416	28 10:30 In Room Bingo for the 4th Floor 1:30 Door to Door Birthday cart	29
30	31 10:30 In Room Bingo for 1st & 2nd Floor 12:00 Door to Door Let's Get Fit for rooms 236-246					

SOME SELF CARE

During these times, stress and anxiety are increased. Therefore, for the Ladies Event we focused on self-care where the ladies received a kit filled of goodies to pamper themselves, paired with a 1 minute mediation to promote relaxation.



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by celebrating their lives and using them as the inspiration for our one-on-one curriculum. For some residents, this means reminiscing on old memories and writing their life stories; for others it means reigniting past curiosities or mastering new skills. While it may seem that the world has gotten smaller in our new way of life, we've been granted a unique chance to rediscover the opportunities that have been around us all along.

Written by Amy Ho & Anna Trevino, Enrichment Leaders

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Staff are reminding our residents to follow **masking** protocols when outside of their apartment and when applicable, inside their apartment. They are our **HEROES** and we salute them!

We will continue with bringing more innovative and creative ideas to activities. Last month our residents enjoyed In Room Bingo, 1:1 Wellness Sessions with Rehab Care, Themed Happy Hours, Men's & Ladies' events to name a few. Residents are being encouraged to have socially distanced walks in the courtyard with our Enrichment Leaders and Management Team. Even if we cannot get them outside for the walk, we take 15 minutes to sit and have a chat.

I would like to give special kudos to the Administrative Team. Their tireless efforts,

focused attention on resident care, innumerable hours spent on managing the COVID exposure and managing the time given to resident family members with follow up on their loved ones. Their support and dedication is unwavering.

In the month of August, let us all focus on the positives versus the negatives and on gratitude. We are feeling the impact of stress on our lives so take a moment to breathe deeply and have moments of reflection. We will get through this and we will come out even **STRONGER!** August's newsletter is a reflection of all the fun that residents have had over the last month. Enjoy perusing all the wonderful stories through pictures of how we have been spending time with your family during this time.

Have an awesome month!
Stay safe & healthy!



LITTLE BAGS OF SUNSHINE

We took a day to spread some cheer and show our love to our residents by handing out Little Bags of Sunshine.

In these bright yellow bags were goodies that had positive affirmations to lift our residents spirits and produced the brightest smiles.



Resources at a Glance

CONCIERGE

Daily 6:30 a.m. - 8:30 p.m.

Front Desk, 1st floor

Concierges are available to assist with transportation requests, guest meal tickets, placing a maintenance work order, and general information.

FITNESS CENTER

Open 24/7

3rd floor

Rehab care: Monday- Friday 9 a.m.-5 p.m.

The Center for Life Enhancement gym offers open gym equipment, personal training sessions, physical and occupational therapies, and more!

WELLNESS CENTER

Open 24/7

3rd floor

Feeling under the weather or have a health question? Stop by the nurses' station!

CENTER FOR LEARNING

Open 24/7

3rd floor

Through use of the My Gait computer system, you will have the ability to play games, check email or just surf the web right at your fingertips!

BELMONT VILLAGE SCENE



A Personal Birthday Celebration and Serenade.



Cheers!



Examining the Tequila Tasting Kit to see which one to start off first.



Enjoying the sunshine while on a stroll around the garden.



Let's get movin' and groovin'!



It's the little things that can bring the biggest smiles.

BELMONT *Village*

SENIOR LIVING

SUNNYVALE

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RCFE Lic. 435202351

BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Aliso Viejo, Burbank, Calabasas, 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, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville, Dallas, Fort Lauderdale

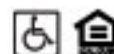
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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