

# THE VILLAGE NEWS



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

SEPTEMBER 2020



## FROM THE DESK OF



### LOLA BULLOCK, ASSISTANT EXECUTIVE DIRECTOR

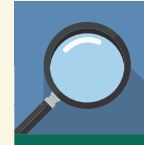
As we enter into a new season, we are in anticipation of all the things that autumn will bring to our community. Our residents are eager to begin returning to a resemblance of normalcy. The County of Santa Clara has allowed us to begin a phased in approach to visitation. Residents may have an “Emotional Support Person” who can visit in one of our four designated locations in the beautiful courtyard or at the front entrance. Visitors may visit as many times during the week but will need to contact the Concierge 24 hours in advance. The courtyard is buzzing with activity and the smiles are

contagious from our residents and their loved ones. In addition, we have started small group activities and residents are now able to select activities outside of their apartments. Although we are only able to have 5-6 residents per activity, our Activities Director is ensuring that the options incorporate every resident who wishes to attend. We held our annual Luau for the residents with a twist – socially distanced. We made sure that the food, music and social interaction was still present as we celebrated the end of summer with our residents.

In September, we will expand our activity programming by incorporating virtual educational programs, arts & crafts, virtual spiritual services (Bible Study, Catholic Services & Shabbat), and matinee movie screenings. Our staple programming will continue as well – “Let’s Get Fit”, Virtual Market Place, Virtual Happy Hour and our Women & Men social events.

We celebrate “Labor Day” this month and this day is a time to reflect, honor, and recognize the tireless efforts and contributions from the staff at Belmont Village Sunnyvale.

*\* continues on pg. 2*



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# Happy Birthday



## RESIDENTS

September 4th	Alfred G.
September 5th	Carolyn K.
September 6th	Lillian B.
September 6th	Pauline L.
September 7th	Anna B.
September 14th	Irma W.
September 20th	Jolson F.
September 22nd	Mary W.
September 24th	Joanne D.

## STAFF

September 4th	Arvie L.
September 4th	Velasis A.
September 8th	Lola B.
September 11th	Ruth M.
September 12th	Lisa F.
September 14th	Keona O.
September 14th	Greg O.
September 15th	Amy H.
September 15th	Nimish P.
September 16th	Jose V.
September 18th	Joyce A.
September 20th	Sonia A.
September 22nd	Mary Jane D.
September 25th	Ana T.

## BIRTHDAY CART

Let's celebrate all our September birthdays with a special birthday cart prepared with balloons, cake and a serenade that will come knocking to each birthday door on **Friday September 25, 2020 at 1:30 pm.**

*\*continued from pg. 1*  
*During the past few months, they have dedicated their time to ensure that your loved ones are taken care of and provided them with words of comfort while in isolation.*

I truly cannot say enough about how rewarding it is to see individuals demonstrate the spirit of servitude. We will celebrate our staff with a BBQ during Labor Day week.

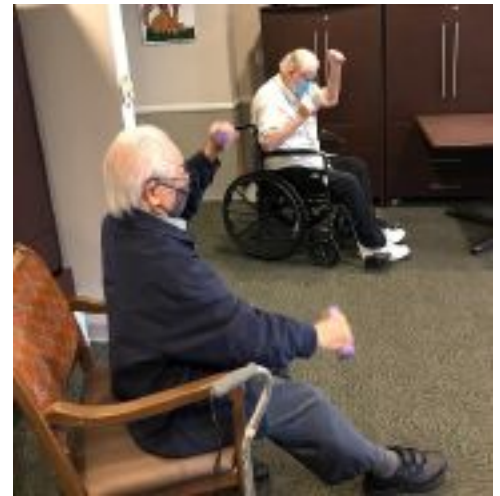
We celebrate **YOU** for entrusting us with the care of your loved ones during this unprecedented time. We understand that it is difficult for you to be unable to hug your loved ones and that you now have to do it virtually. We encourage you to take the opportunity to schedule a visit with your loved ones this month. However, if you are unable to do so, you can continue to schedule FaceTime, Zoom and Skype

visitations.

As autumn leaves provide us an array of transitions on the color spectrum, take time to watch the leaves fall and be thankful. Amidst all the stressful moments, there is beauty and peacefulness.

Stay safe & healthy! Have a fantastic month!

Lola Bullock  
Assistant Executive Director



*A picture of our residents from our Let's Get Fit program.*



## EMPLOYEE OF THE MONTH

**September's Employee of the Month is Arlene Gleason.**

Here are some words from Arlene:  
"As a caregiver at Belmont Village Sunnyvale, I have been working for the Memory Care units and Assisted Living residents throughout different shifts for the past 8 years. Belmont is a great place to work and I have great co-workers. I enjoy the opportunity to care for our elderly patients, bringing comfort and excellent care to their lives. I'm happy that I can make a difference."



It's never too late to benefit from a flu shot says Dr. William Schaffner, an infectious disease specialist at Vanderbilt School of Medicine in Nashville.

“Giving influenza vaccine to people with heart disease, for example, is as important as giving them a statin,” Schaffner says, yet many people living with chronic illness — and even many of their health care providers — don't realize how vital flu vaccination is to managing their condition.

In older adults, the flu shot prevents the loss of quality of life that can result from influenza complications, Dr. LJ Tan says. That protection is also important for people with chronic conditions beyond heart disease, such as diabetes, asthma, and lung or liver disease. Doctors say flu shots are also indicated for patients with suppressed immune systems and for most people who have an autoimmune condition.

**Can getting the flu vaccine give you the flu or make you sick?**

**Fact: The flu shot can't give you the flu.**

It's not biologically possible to catch an illness from the inactivated vaccine, and even

the weakened live virus in the nasal vaccine cannot cause the flu. Anyone who gets sick after the flu shot caught the bug either just before or after getting vaccinated. It only takes two to five days to incubate a flu virus but two weeks for the vaccine to start working, so if you catch the flu in the waiting room, you still could fall ill even though you got the vaccine that day. That said, some people may feel under the weather from side effects of the flu shot, such as a headache, nausea, low fever or similar symptoms. These are normal responses to the vaccine in some people because they are normal responses from an immune system fighting a pathogen.

**Aren't deaths from the flu exaggerated?**

**Fact: Deaths from influenza range from a few thousand to tens of thousands every U.S. flu season.**

The number of flu deaths varies wildly from one year to the next depending on...

*\*continues on pg. 6*

## FLOWER ARRANGING

One of the first programs that was brought back into the Town Hall was our floral arrangement class. Though things may look a little bit different than before, the beauty and creativity that are captured through the flowers still shine brightly.



# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Door to Door Market Place 11:30 <b>TH</b> Let's Get Fit w/ Teresa for rooms 301-327 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 328-346 & 401-411	2 10:30 <b>TH</b> Bingo for the 1st & 3rd Floor 1:00 <b>TH</b> Mid-Week Meditation 2:30 Door to Door Happy Hour	3 10:30 <b>TH</b> Bingo for the 2nd & 4th Floor 1:30 Ladies' Club	4 1:00 Travelogue 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 411-427	5 10:30 <b>TH</b> Movie Matinee for 1st & 3rd Floor 1:00 <b>TH</b> Movie Matinee for 1st & 3rd Floor 4:00 <b>TH</b> Virtual Saturday Mass
6 10:00 <b>TH</b> Virtual Sunday Mass 11:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor 1:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor	<b>Labor Day</b> 7 11:00 <b>TH</b> Bible Study 1:00 <b>TH</b> Arts & Crafts 2:00 <b>TH</b> Let's Get Fit for 1st & 2nd Floor	8 10:00 Sunnyvale Public Library Book Pick Up 11:30 <b>TH</b> Let's Get Fit w/ Teresa for rooms 301-327 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 328-346 & 401-411	9 10:30 <b>TH</b> Bingo for the 1st & 3rd Floor 1:00 <b>TH</b> Mid-Week Meditation 2:30 Door to Door Happy Hour	10 10:30 <b>TH</b> Bingo for the 2nd & 4th Floor	11 1:00 Travelogue 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 411-427	12 10:30 <b>TH</b> Movie Matinee for 1st & 3rd Floor 1:00 <b>TH</b> Movie Matinee for 1st & 3rd Floor 4:00 <b>TH</b> Virtual Saturday Mass
13 10:00 <b>TH</b> Virtual Sunday Mass 11:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor 1:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor	14 11:00 <b>TH</b> Bible Study 1:00 <b>TH</b> Flower Arranging 2:00 <b>TH</b> Let's Get Fit for 1st & 2nd Floor	15 10:00 Door to Door Market Place 11:30 <b>TH</b> Let's Get Fit w/ Teresa for rooms 301-327 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 328-346 & 401-411	16 10:30 <b>TH</b> Bingo for the 1st & 3rd Floor 1:00 <b>TH</b> Mid-Week Meditation 2:30 Door to Door Happy Hour	17 10:30 <b>TH</b> Bingo for the 2nd & 4th Floor 1:30 Men's Club	18 <b>Rosh Hashanah Begins</b> 1:00 Travelogue 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 411-427	19 10:30 <b>TH</b> Movie Matinee for 1st & 3rd Floor 1:00 <b>TH</b> Movie Matinee for 1st & 3rd Floor 4:00 <b>TH</b> Virtual Saturday Mass
<b>Rosh Hashanah Ends</b> 20 10:00 <b>TH</b> Virtual Sunday Mass 11:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor 1:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor	21 11:00 <b>TH</b> Bible Study 1:00 <b>TH</b> Arts & Crafts 2:00 <b>TH</b> Let's Get Fit for 1st & 2nd Floor	22 11:30 <b>TH</b> Let's Get Fit w/ Teresa for rooms 301-327 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 328-346 & 401-411	23 10:30 <b>TH</b> Bingo for the 1st & 3rd Floor 1:00 <b>TH</b> Mid-Week Meditation 2:30 Door to Door Happy Hour	24 10:30 <b>TH</b> Bingo for the 2nd & 4th Floor	25 1:00 Travelogue 1:30 Door to Door Birthday cart 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 411-427 4:00 <b>TH</b> Shabbat	26 10:30 <b>TH</b> Movie Matinee for 1st & 3rd Floor 1:00 <b>TH</b> Movie Matinee for 1st & 3rd Floor 4:00 <b>TH</b> Virtual Saturday Mass
<b>Yom Kippur</b> 27 10:00 <b>TH</b> Virtual Sunday Mass 11:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor 1:00 <b>TH</b> Movie Matinee for 2nd & 4th Floor	28 11:00 <b>TH</b> Bible Study 1:00 <b>TH</b> Flower Arranging 2:00 <b>TH</b> Let's Get Fit for 1st & 2nd Floor	29 10:00 Door to Door Market Place 11:30 <b>TH</b> Let's Get Fit w/ Teresa for rooms 301-327 2:00 <b>TH</b> Let's Get Fit w/ Teresa for rooms 328-346 & 401-411	30 10:30 <b>TH</b> Bingo for the 1st & 3rd Floor 1:00 <b>TH</b> Mid-Week Meditation 2:30 Door to Door Happy Hour			* All programs are subject to change

## LET'S CELEBRATE!

We love to celebrate our residents, especially on their birthdays. Here are some of our birthday babies with their special treats that were delivered by our Birthday cart!



*\*continuation from pg.3*

...the dominant strains (H3N2 is usually the deadliest). But the total U.S. deaths are always in the thousands, ranging from 3,349 deaths in 1986-87 to a high of 48,614 deaths in 2003-04, according to a 2010 study by the CDC. People usually die from complications of the flu – especially pneumonia – rather than the flu itself, but wouldn't have died if they hadn't caught the flu.

Written by: Ernie Getuiza, DRCS BVSL Sunnyvale

## LADIES BRUNCH

With the opportunity to have groups of 5-6, we seized this opportunity to bring our ladies together with a Ladies brunch. The ladies were able to reserve a spot and enjoy brunch with a fellow lady while keeping a sociable distance.





## CIRCLE OF FRIENDS

Aloha from the Circle of Friends team! Did you know that Hula dancing was once performed as a part of a religious ceremony? To celebrate the dog days of summer, Circle of Friends indulged in a full brain fitness program centered around the Aloha State and the wonderful art of Hula! Our residents enjoyed a chance to reminisce about their memories on the tropical island as we ventured down memory lane together. Once we finished sharing and comparing our personal experiences, we reached the focal point of our Hawaiian escape: learning how to dance the Hula! Although it may seem very simple to swirl your wrists and move those hips, there are many benefits to doing the hula. As with doing any dance, the hula engages both your brain and your body at the same time, making it one of the best ways to stay physically and mentally fit as we age. Replicating dance movements, memorizing dance steps, and following along to the music fulfill the key domain of memory-body movement. Through this, we're able to help improve our residents' coordination and agility skills as well as increase their own strength and endurance levels.

Together, we tapped into our most creative selves to re-imagine and transform this month's Circle of Friends into the perfect Hawaiian getaway by instilling the island's diverse tropical beauties into our programming.

Written By: Amy Ho & Ana Trevino



## 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



*We can always take a moment to be a little silly.*



*Displaying some beautiful art work after a 1:1 session.*



*Creating a masterpiece!*



*All smiles while showing off her new manicure that was provided by staff!*



*Got a message from a friend/fellow resident through a Friendship gram.*



*Receiving some pet therapy with one of our resident dogs.*

## BELMONT *Village*

SENIOR LIVING

SUNNYVALE

1039 E El Camino Real  
Sunnyvale, CA 94087

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

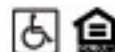
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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