

THE VILLAGE NEWS



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

AUGUST 2020



Yuey poses with one of the many no-sew blankets she has made during quarantine. Residents are working with a local Girl Scout, who is working on her Gold Award, to make blankets for NICU babies.



Bernice poses in her decorated hat! Circle of Friends residents made custom hats with Enrichment Leaders.



Koko has stayed busy working on embroidery projects. She says she is thankful she learned how to do it, because it's a great activity in a group or alone.



Fumi exits the Belmont bus after our first outing - a scenic drive around the beautiful Palos Verdes peninsula! Scenic drives are now offered multiple times a week.



Phyllis tries to steal a kiss in the hallway from her husband, Joe.



Billie shows off her floral arranging talent! Andes Florist provided the loose flowers, and Billie created the arrangement.

STAFF DIRECTORY

Miki Lamm, MSW

Executive Director

(310) 377-9977 x 102

rlamm@belmontvillage.com

Samantha Cisneros, LVN

Interim Dir. of Resident Care Svcs.

(310) 377-9977 x 109

scisneros@belmontvillage.com

Nerissa Lagmay, RN

Director of Resident Care Service

(310) 377-9977 x 109

nlagmay@belmontvillage.com

Evelyn Sandoval, MBA

Human Resources Generalist

(310) 377-9977 x 103

esandoval@belmontvillage.com

Sherrie Similton

Memory Program Coordinator

(310) 377-9977 x 121

ssimilton@belmontvillage.com

Emily Gilbert-Fialkowski, MSW

Activity Program Coordinator

(310) 377-9977 x 104

sgilbert@belmontvillage.com

Claudio Parada

Building Engineer

(310) 377-9977 x 105

cparada@belmontvillage.com

Anthony Rodriguez

Chef Manager

(310) 377-9977 x 106

arodrigu@belmontvillage.com

Alicia Thomason

Community Relations

(310) 377-9977 x 107

athomason@belmontvillage.com

Caroline McKinley

Community Relations

(310) 377-9977 x 108

cmckinley@belmontvillage.com



HAPPY BIRTHDAYS

RESIDENT BIRTHDAYS

Ana M.	Aug. 1
Mary T.	Aug. 4
Ursula W.	Aug. 4
Ila G.	Aug. 18
Yuey C.	Aug. 21
Fumi T.	Aug. 29
Rosemarie K.	Aug. 31

STAFF BIRTHDAYS

Melissa G.	Aug. 1
Teresa S.	Aug. 8
Liz A.	Aug. 8
Gloria P.	Aug. 9
Maria O.	Aug. 10
Lorraine M.	Aug. 14
Melissa B.	Aug. 14
Andresa C.	Aug. 19
Dina N.	Aug. 20
Carmyna R.	Aug. 22
Coreisy B.	Aug. 23
Larlyn T.	Aug. 24
Debra G.	Aug. 25
Beth A.	Aug. 27
Tameka J.	Aug. 31



Frank celebrated his quarantined July birthday in style, with balloons, decorations, a special meal from his family, and more!

TOGETHER AGAIN - SMALL GROUP ACTIVITIES KICK OFF

As of mid-July, Belmont Village RPV opened up for limited group programming. We are thrilled to meet together in small groups (masked and with social distancing measures in place!) for some of our favorite group activities again. The roll-out is slow, with groups meeting a few times a week to start.

To proactively minimize any risk of germ exposure, the group residents dine with is also the same group residents do scenic drives and small group activities with.

We are so happy to have some more familiarity with activities!

BOY SCOUT DONATION

Even in a world of uncertainty, we can still count on the generosity of Boy Scouts.

One local scout, Tyler, who happens to be the grandson of our resident, Dorothy, worked with his troop to assemble face shields for Belmont Village RPV staff.

We are thankful for the thoughtfulness of Tyler and Boy Scout Troop 378!



Emily and Miki accept a donation of face shields from local Boy Scout Tyler Y., grandson of Dorothy, Belmont Village RPV resident.



Yvette D., PAL

EMPLOYEE OF THE MONTH

Yvette, a longtime PAL at Belmont Village Rancho Palos Verdes, is our August employee of the month!

Yvette is unstoppable. She has a special ability to handle multiple needs with a calm and gentle spirit. We have never seen Yvette lose her cool. Committed, compassionate, and professional, Yvette is an exceptional leader at Belmont Village RPV. We are proud to have her on the team!



RESIDENT SPOTLIGHT

JO: PAINTING THE NEWS

It can be tempting to pass quarantine time by watching the news all day, but resident Jo L. has taken the news to canvas!

Jo, a lifelong lover of art, didn't touch a paintbrush until her 70s (she's now in her 90s). Her walls are lined with her art inspired by personal travel photos, as well as intriguing photos from the Los Angeles Times.

"Painting touches my creative instincts," Jo said.

Most recently, Jo's paintings have been inspired by the recent current events featured in The Times, like the USS Mercy docked at the LA Harbor and race-related protests.

"The [LA] Times photography gives me a lot of inspiration," she said.

Jo paints more than the news, too. She is also inspired by landscape photos from her family in Montana.



Joan, despite COVID-19 precautions such as mandatory masks, stays positive.

ATTITUDE IS EVERYTHING

Quarantine life can be challenging, but one resident stands out with her positive outlook. That resident is Joan.

Joan is the epitome of a glass-half-full type of person. When others may see the negative, Joan always sees the positive.

"Because of quarantine, I'm free to write," Joan said. "I'm not seeing [quarantine] as a terrible situation - I'm not. I think we should get going and do the projects we haven't had time for."

Because of quarantine, she says she has been able to pause and reflect on life experiences, from writing for the Dallas Morning News to living in Newport Beach where her "neighbors" were beautiful blue herons - "how lucky was I," Joan remarked.



BB shows off his putting skills on the 4th of July. Quite the golfer. He's still got it!



4th of July entertainment! The bass player had an ingenious addition to his bass to get some shade.







Toni prepares for the scenic drive.



Connie makes a mask look fashionable!

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

				<p>We are thrilled to offer limited small group activity programming! Timing and activities may vary.</p>	<p>Of note, small group activities may pause with little notice, if the County mandates certain restrictions surrounding COVID-19. Thank you for your understanding!</p>	<p>Hallway Exercise times may fluctuate by a few minutes.</p>
<p>Neighborhood Scenic Drive 2</p> <p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise 11:10 3B Hallway Exercise</p>	<p>Circle of Friends (Group 2) Scenic Drive 3</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 3:30 Submit Marketplace Order</p>	<p>9:45 PT Group 3: Golf 10:45 PT Group 4: Golf 1:00 PT Group 5: Golf 1:45 GR Group 3: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 3: Scenic Drive 2</p>	<p>9:45 TH Group 3: Jeopardy 10:45 TH Group 4: Jeopardy 1:00 TH Group 5: Jeopardy 1:45 GR Group 4: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 4: Scenic Drive 2</p>	<p>9:45 TH Group 3: Bingo 10:45 TH Group 4: Bingo 1:00 TH Group 5: Bingo 1:45 GR Group 5: Scenic Drive 1 3:00 GR Group 5: Scenic Drive 2</p>	<p>Enrichment (Group 1) Scenic Drive 7</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 2:30 Zoom Shabbat</p>	<p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise 11:10 3B Hallway Exercise</p>
<p>Neighborhood Scenic Drive 9</p> <p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise</p>	<p>Circle of Friends (Group 2) Scenic Drive 10</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 3:30 Submit Marketplace Order</p>	<p>9:45 PT Group 3: Flower Arranging 10:45 PT Group 4: Flower Arranging 1:00 PT Group 5: Flower Arranging 1:45 GR Group 3: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 3: Scenic Drive 2</p>	<p>9:45 TH Group 3: Jeopardy 10:45 TH Group 4: Jeopardy 1:00 TH Group 5: Jeopardy 1:45 GR Group 4: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 4: Scenic Drive 2</p>	<p>9:45 TH Group 3: Bingo 10:45 TH Group 4: Bingo 1:00 TH Group 5: Bingo 1:45 GR Group 5: Scenic Drive 1 3:00 GR Group 5: Scenic Drive 2</p>	<p>Enrichment (Group 1) Scenic Drive 14</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 2:30 Zoom Shabbat</p>	<p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise 11:10 3B Hallway Exercise</p>
<p>Neighborhood Scenic Drive 16</p> <p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise</p>	<p>Circle of Friends (Group 2) Scenic Drive 17</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 3:30 Submit Marketplace Order</p>	<p>9:45 PT Group 3: Charades 10:45 PT Group 4: Charades 1:00 PT Group 5: Charades 1:45 GR Group 3: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 3: Scenic Drive 2</p>	<p>9:45 TH Group 3: Jeopardy 10:45 TH Group 4: Jeopardy 1:00 TH Group 5: Jeopardy 1:45 GR Group 4: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 4: Scenic Drive 2</p>	<p>9:45 TH Group 3: Bingo 10:45 TH Group 4: Bingo 1:00 TH Group 5: Bingo 1:45 GR Group 5: Scenic Drive 1 3:00 GR Group 5: Scenic Drive 2</p>	<p>Enrichment (Group 1) Scenic Drive 21</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 2:30 Zoom Shabbat</p>	<p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise 11:10 3B Hallway Exercise</p>
<p>Neighborhood Scenic Drive 23</p> <p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise</p>	<p>Circle of Friends (Group 2) Scenic Drive 24</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise</p>	<p>9:45 PT Group 3: Headlines & Discussion 10:45 PT Group 4: Headlines & Discussion 1:00 PT Group 5: Headlines & Discussion 1:45 GR Group 3: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 3: Scenic Drive 2</p>	<p>9:45 TH Group 3: Jeopardy 10:45 TH Group 4: Jeopardy 1:00 TH Group 5: Jeopardy 1:45 GR Group 4: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 4: Scenic Drive 2</p>	<p>9:45 TH Group 3: Bingo 10:45 TH Group 4: Bingo 1:00 TH Group 5: Bingo 1:45 GR Group 5: Scenic Drive 1 3:00 GR Group 5: Scenic Drive 2</p>	<p>Enrichment (Group 1) Scenic Drive 28</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 2:30 Zoom Shabbat</p>	<p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise 11:10 3B Hallway Exercise</p>
<p>Neighborhood Scenic Drive 30</p> <p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise</p>	<p>Circle of Friends Scenic Drive 31</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 3:30 Submit Marketplace Order</p>	<p>9:45 PT Group 3: Headlines & Discussion 10:45 PT Group 4: Headlines & Discussion 1:00 PT Group 5: Headlines & Discussion 1:45 GR Group 3: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 3: Scenic Drive 2</p>	<p>9:45 TH Group 3: Jeopardy 10:45 TH Group 4: Jeopardy 1:00 TH Group 5: Jeopardy 1:45 GR Group 4: Scenic Drive 1 3:00 Courtyard Concert Series (2 hours) 3:00 GR Group 4: Scenic Drive 2</p>	<p>9:45 TH Group 3: Bingo 10:45 TH Group 4: Bingo 1:00 TH Group 5: Bingo 1:45 GR Group 5: Scenic Drive 1 3:00 GR Group 5: Scenic Drive 2</p>	<p>Enrichment (Group 1) Scenic Drive 28</p> <p>9:45 TH Group 3: Exercise 10:30 1:1 Visits 10:45 TH Group 4: Exercise 1:00 TH Group 5: Exercise 2:30 Zoom Shabbat</p>	<p>9:30 1F Hallway Exercise 9:50 2F Hallway Exercise 10:10 2M Hallway Exercise 10:30 2B Hallway Exercise 10:50 3F Hallway Exercise 11:10 3B Hallway Exercise</p>

WELCOME BACK, SAM!

As our DRCS, Nerissa, is on leave, we are happy to have Samantha “Sam” Cisneros as our Interim DRCS.

Sam “grew up” at Belmont Village RPV, where she started years ago as a part-time LVN, then trained to become a director of resident care.

Sam, a San Pedro local, has been DRCS at Belmont Village Encino for the last year, and stepped in at the end of July for an interim period.

Welcome back, Sam! We’re happy to have you again.



Priscilla and Lora dance (high kick!) to live music by Justin.



Dorothy gets a visit by George the dog.



Canine Character	Book
1) Toto	A) “Peter Pan”
2) Fang	B) “The Call of the Wild”
3) Argos	C) “The Wonderful Wizard of Oz”
4) Tock	D) “The Odyssey”
5) Nana	E) “Harry Potter and the Sorcerer’s Stone”
6) Buck	F) “The Phantom Tollbooth”

ENTERTAINMENT TRIVIA

Doggone Good Reads

During the dog days of summer, head to your favorite shady tree to cool off with a good book featuring a favorite canine hero. Can you match the wagging tail with its exciting tale?

Answers: 1) C; 2) E; 3) D; 4) F; 5) A; 6) B



RESIDENTS PARTICIPATE IN CAMP VIDEO FOR TEENS

Last month, several of our residents agreed to participate in a video interview series for teenage junior counselors of Happy Trails for Kids.

Happy Trails for Kids is traditionally a summer camp for kids connected by the foster care system in LA County, but this year, the camp turned virtual with Zoom video sessions full of at-home activities for cabins.

Junior Counselors were

especially interested in learning about the past through the eyes of older adults. They wanted to find out how different - yet the same - were teenage experiences decades apart.

As a result, some of our residents were interviewed for a camp video, where they shared life experiences and advice.

Next up: junior counselors plan to remain pen pals with the residents who participated.

HAPPINESS HELPER: SIT BACK AND RELAX

Long, lazy summer days are made for relaxing—and you shouldn’t feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.



HEALTH & WELLNESS

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 in fighting 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.



BEST FOOT FORWARD

A summertime staple, flip-flops are easy to slip on, but their open design can leave your feet susceptible to cuts and scrapes. Watch your step when you're out and about in a pair, or take the advice of doctors, who say to save them for the swimming pool or the beach.

BV RPV SERVICES

SALON SERVICES

Currently unavailable due to COVID-19 restrictions.

CONCIERGE SERVICES

The concierge is available 7:15 am–9 pm for transportation appointments, outing registration, and other inquiries.

MAINTENANCE SERVICES

To report maintenance needs in your rooms, please see the concierge for work orders. Services are prioritized by life safety.

DRY CLEANING

Dry Cleaning services are provided by Seven Seas Cleaners, an outside provider. To create an account, call 310-377-0044.

REHAB SERVICES

Therapy is provided by RehabCare in the Center for Life Enhancement (3rd floor). For information, contact Michael Crooks-Joseph, OT, at ext. 134.

PODIATRY SERVICES

Dr. Karimi visits quarterly.

TECHNOLOGY TUTOR

Currently unavailable due to COVID-19 restrictions. If you need assistance, community personnel will be available to assist.

VILLAGE SCENE



BB heads out on a scenic drive!



Ellie on her first voyage out of Belmont in about four months.



Marian with her custom-designed hat for summer.



Billie and her new canine pal, George.



Corinne had good company on the balcony.



Dr. Sue relaxes as she listens to the opera music by Maximo.

BELMONT *Village*

SENIOR LIVING

RANCHO PALOS VERDES

5701 Crestridge Road
Rancho Palos Verdes, CA 90275

RCFE Lic. 198204246

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

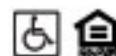
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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