

# THE VILLAGE NEWS



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

SEPTEMBER 2020



Ila poses with her lovely floral arrangement to decorate her apartment. Flower arranging is offered once a month!



Morgan keeps the community fit with her daily exercise classes. Jo and Doris are part of her committed attendees.



Shirley took a swing at golf, and did great!



Ellie enjoyed some sunshine and dessert in the courtyard on her birthday!



Frances is no stranger to her artistic side. Her drawings and other artwork decorate her apartment.



Beautiful Suzanne at dinner in Josephine's Kitchen.

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## HAPPY BIRTHDAYS

### RESIDENT BIRTHDAYS

Ruth K. ....	Sept. 9
Edel L. ....	Sept. 13
Dorothy S. ....	Sept. 15
Pam B. ....	Sept. 23
Corinne K. ....	Sept. 26



*Ursula looked fabulous in her birthday sash!*

### STAFF BIRTHDAYS

Victoria O. ....	Sept. 10
Alicia T. ....	Sept. 10
Rosie S. ....	Sept. 14
Caroline M. ....	Sept. 19
Aubrey H. ....	Sept. 23
Richard G. ....	Sept. 24



## ZOOM VIDEO CLASSES - SIGN UP IN ADVANCE

We are excited to offer more Zoom classes in September: Bible Study, French Class, Spanish Basics, Dr. Jazz lecture, Old Hollywood lecture, Resident Council, and more.

If you are interested in a Zoom class (listed on pages 4 and 5 of the newsletter), then sign up with concierge at least 48-hours in advance. If you have your own tech device and are comfortable using Zoom on your own, then we'll provide you with the Zoom login details to join the class. If you need some assistance or need to borrow a tech device, then we'll arrange.

Make sure to sign up with concierge in advance, so we can plan accordingly.

## FLU SHOT CLINIC

Labor Day will be full of fun meals and entertainment, but it is also the day to get your flu shot.

Rite Aid Pharmacy professionals will be visiting on Monday, Sept. 7 (Labor Day) to make sure residents receive their flu shot for the flu season.

If you have questions, please connect with Sam, our director of resident care services.

This is an important step in maintaining a healthy and lively community at Belmont Village. Thank you!



*Tatyana M., PAL*

## EMPLOYEE OF THE MONTH

Congratulations to our September Employee of the Month! Tatyana is one of our 3rd shift superstars who ensures we wake up to a great day! Her coworkers and supervisors consistently recognize her efforts, describing her as patient, compassionate, respectful, and someone you look forward to working with. She exemplifies leadership, as she is the first to assist coworkers or residents. We are proud to recognize the past three years of dedicated service and look forward to her bright future.



## FLOWER ARRANGING EVERY MONTH

Who doesn't love a fresh flower arrangement?

On the second Tuesday of each month, we host flower arranging, thanks to Andees Florist in Torrance.

Andees provides us with our flower arrangements at the community, and now they are equipping us with seasonal flowers every month, so residents can make their own creations. Andees also has an instructional video, so we can follow their best practices and learn floral arranging tricks. Mark your calendar for Sept. 8!



*Katherine poses with her beautiful arrangement.*



*Yuey carefully arranges a perfect bouquet.*



## HAPPY HOUR CARTS

Keep your eyes peeled (and taste buds ready) for Happy Hour carts every Saturday in September. Each week, we'll offer a new tasty treat, from milkshakes to cocktails. September may mark the beginning of fall, but it's still hot on the Peninsula, so treat yourself to a fun drink each Saturday afternoon.

The cart will roam the hallways on Saturday afternoons, so look out for a knock at your door for the sweet surprise.

## FALL INTO SEPTEMBER

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



## REMEMBER YOUR FACE MASK



We all know it's best practice to wear a face mask and wash our hands as a safety precaution against COVID-19, but double check to make sure you are wearing your mask correctly.

The mask should cover your nose and mouth. If your mask is uncomfortable, check with Emily to get a different style cloth mask.

When you leave your apartment, make sure you have your face mask on your face. It is important to also wear your face mask when a staff member visits you in your apartment.

Thank you for your cooperation as we all have to work together to stay safe!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 3: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Mental Fitness                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Mental Fitness  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Mental Fitness</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Jeopardy                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Jeopardy  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Jeopardy</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 5: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 5: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Headlines &amp; Discussion  <b>2:00 TH Group 4: Zoom Poker w/ Siam</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Headlines &amp; Discussion  <b>3:30 PT Courtyard Concert w/ Nicole Walters</b></p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise  <b>2:00 TH Group 5: Spanish Basics</b>                      2:30 <span style="background-color: #000080; color: white; padding: 2px;">ZV</span> Zoom: Shabbat</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      10:45 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      2:00 Happy Hour Cart - September Harvest - Wine Tasting</p>
<p>1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise</p>	<p><b>Labor Day // Flu Shot Clinic</b>                      9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise  <b>11:00 JK Labor Day Lunch</b>  <b>3:00 PT Labor Day Entertainment w/ Dixieland Trio</b>                      3:30 Submit Marketplace Order  <b>4:00 JK Labor Day Dinner</b></p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 3: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Flower Arranging                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Flower Arranging  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Flower Arranging</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Jeopardy                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Jeopardy  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Jeopardy</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 5: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 5: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Headlines &amp; Discussion                      1:45 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Headlines &amp; Discussion  <b>3:00 ZV Resident Council</b>                      4:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Headlines &amp; Discussion</p>	<p><b>Patriot Day</b>                      9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise  <b>1:00 ZV Zoom: French Class</b>                      2:30 <span style="background-color: #000080; color: white; padding: 2px;">ZV</span> Zoom: Shabbat</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      10:45 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      2:00 Happy Hour Cart - Chocolate Milkshakes</p>
<p><b>Grandparents Day</b>                      11:00 <span style="background-color: #800000; color: white; padding: 2px;">JK</span> Grandparents Day Lunch                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise  <b>2:00 ZV Zoom: Old Hollywood Lecture by Karie Bible</b>                      3:30 Submit Marketplace Order                      3:30 <span style="background-color: #000080; 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<p><b>Pepperoni Pizza Day</b>                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise  <b>2:00 ZV Zoom: Dr. Jazz Lecture</b>                      3:30 Submit Marketplace Order                      3:30 <span style="background-color: #000080; color: white; padding: 2px;">ZV</span> Zoom: Bible Study w/ George</p>	<p><b>First Day of Fall</b>                      9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 3: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Fall Stenciling Project                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Fall Stenciling Project  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Fall Stenciling Project</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Jeopardy                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Jeopardy  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Jeopardy  <b>3:00 ZV Zoom: Concierge Neurology Lecture</b></p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 5: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 5: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Virtual Museum Tour                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Virtual Museum Tour                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Virtual Museum Tour</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise  <b>1:00 ZV Zoom: French Class</b>                      2:30 <span style="background-color: #000080; color: white; padding: 2px;">ZV</span> Zoom: Shabbat</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      10:45 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Bingo                      2:00 Happy Hour Cart - German Beer Tasting</p>
<p><b>Yom Kippur Begins at Sundown</b>                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise  <b>2:30 ZV Zoom: Yom Kippur</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      3:30 Submit Marketplace Order                      3:30 <span style="background-color: #000080; color: white; padding: 2px;">ZV</span> Zoom: Bible Study w/ George</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 3: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Mental Fitness                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Mental Fitness  <b>3:00 Courtyard Concert Series w/ George Rossi</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Mental Fitness</p>	<p>9:30 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Exercise                      9:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 1                      10:15 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Exercise                      10:30 <span style="background-color: #FF0000; color: white; padding: 2px;">GR</span> Group 4: Scenic Drive 2                      11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Exercise                      1:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 3: Jeopardy                      2:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 4: Jeopardy  <b>3:00 Courtyard Concert Series</b>                      3:00 <span style="background-color: #0070C0; color: white; padding: 2px;">TH</span> Group 5: Jeopardy</p>	<p><b>Subject to Change</b>                      Activity programming is subject to change. Check weekly activity sheets for the latest details.</p>	<p><b>Activity Safety</b>                      Masks are required, and hand cleaning is required upon entry and exit.                      Thank you for your cooperation to keep Belmont Village RPV healthy!</p>	<p><b>Zoom Activity Sign Up</b>                      If you are interested in participating in a Zoom class, sign up at least a day in advance with the concierge, so we can get you the Zoom login details or arrange tech assistance / complementary tech rental.</p>



## EXERCISE YOUR BRAIN WITH A PUZZLE

You may find working a jigsaw puzzle relaxing, but putting all those pieces together actually gives both sides of your brain a workout. Your logical left side is challenged to solve a problem to find pieces that fit, while the creative right side works to visualize the big picture. Experts say the more challenging the puzzle, the better.

If you would like a puzzle, let Emily know! We have plenty you can borrow.



## A FIGURE OF SPEECH

*Phrase:* Have your work cut out for you

*Meaning:* To face a difficult task

*Origin:* When this expression first emerged in the early 1600s, it originally meant that a person was prepared to do a job or activity, whether easy or hard. The description refers to a tailor having his fabric cut and ready to be sewn. Over the years, the phrase came to mean that the work to be done would be challenging or take a long time.

## "This Month In History" SEPTEMBER

**1920:** The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

**1935:** After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

**1945:** On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

**1952:** The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world's largest fast-food chains.

**1968:** With her debut hit song "Harper Valley PTA," Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

**1976:** "The Muppet Show" premieres, bringing a cast of puppets to prime-time TV.

**1988:** Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth's tallest mountain.

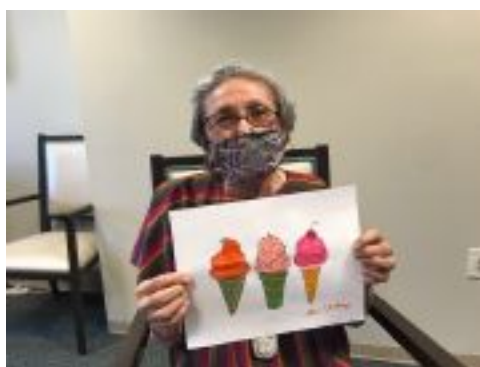
**1996:** Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel "The Deep End of the Ocean."

**2009:** NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

**2019:** With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.



*Marilyn brings light everywhere she goes in the Neighborhood.*



*Ana and Art*

## SPANISH AND FRENCH CLASSES ARE BACK

Calling all language lovers! We are thrilled to bring back our Spanish and French classes on Fridays in September. Our very own Evelyn, Human Resources Generalist, will resume her Spanish basics class two Fridays a month. If you can't make the in-person class, then we'll also make the class accessible via Zoom video conferencing.

French class will be held by Michèle with the Academy of Foreign Languages, over Zoom video conferencing. Please let concierge know if you're interested in French, so we can make sure you are set up with the right tech assistance.



## INFLUENZA FACTS

COVID-19 has been on our minds nonstop since March, but now the seasonal flu must also be on our minds.

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 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 flu complications, experts 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 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 the dominant strains (H3N2 is usually the deadliest). But the total U.S. deaths are always in the thousands. 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.

## BV RPV SERVICES

### SALON SERVICES

Outdoor Salon Services available through NJR Salon. Please contact the Beauticians at ext. 144 to schedule.

### 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. Services are prioritized by life safety.

### DRY CLEANING

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

### REHAB SERVICES

Therapy is provided by RehabCare at Belmont Village. For information, contact Michael Crooks-Joseph, OT, at ext. 134.

### PODIATRY SERVICES

Dr. Karimi visits quarterly. Please contact the Wellness Center to sign up.

### TECHNOLOGY TUTOR

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

# VILLAGE SCENE



*Dr. Sue polishes her tech skills in an iPad class.*



*Incredible classical music as part of our Courtyard Concert Series.*



*Billie poses on a beautiful Palos Verdes day!*



*Putting with Gerry.*



*Ellie and Edel share a 2020-style greeting - elbow bump!*

## 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



[belmontvillage.com](http://belmontvillage.com)



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