

# THE VILLAGE NEWS



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

OCTOBER 2020



## FROM THE DESK OF

### BRIAN DELL'ERGO

Executive Director

Dear Residents, Family and Friends;

Has anyone else been so thrilled to welcome the Autumn season? I know this year, I am more excited for it than I have any year prior! Why, you might ask?

First, we are wrapping up the hottest summer in Arizona's history. July and August's average high was 110 degrees, and we have had over 50 days this year with temperatures over 110 degrees, shattering the prior record of 33 days in 2011. That's HOT! Let's all hope for sustained cooler weather, which means more enjoyable patio visits, outdoor activities and dining opportunities, and the chance to see some fall colors (there must be at least one tree around here that changes with the season!)

Secondarily, Autumn means we are one more season closer to a COVID vaccination, a step that is essential toward regaining normalcy both inside the Community, but Nationally and Globally, as well. I continue to thank you for your patience

and flexibility as we maneuver through uncharted waters. Let's all hope the vaccination comes sooner than later, and is safe and effective for all.

Lastly, on a more whimsical topic, my son Sullivan couldn't be more eager for Halloween and I'm enthusiastic to share in his excitement. While we are awaiting the fate of the world, the most difficult decision in his life is deciding what he wants to dress as for Halloween. He's deciding between a pumpkin, a skeleton, a Toy Story character and Jack Skellington (kind of a skeleton/pumpkin hybrid from a movie called Nightmare Before Christmas). It helps ground me to think this is the biggest worry in his world right now. It might behoove us all to refocus on the little things around us that still bring immense joy. I think we could all use a little of that.

Have a great October, and enjoy that cooler weather!

Brian



All team members can be reached on our main number:  
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## HAPPY BIRTHDAY, BELMONT RESIDENTS!

October 2            Billy E.  
October 2            Felicia  
October 3            Connie  
October 12           Gene  
October 15           Seone

### October Birthdays

For residents with an October birthday we will celebrate on your day with something special just for you!

## HAPPY BIRTHDAY, BELMONT STAFF!

October 2            Anna N.  
October 4            Brian D.  
October 8            Monaliza  
October 13           Elizabeth  
October 19           Mac  
October 22           Angela  
October 24           Freda  
October 29           Katherine J.



## MASKS

We work diligently to maintain masking and social distancing. If you see a photo in the newsletter of a resident without a mask, it was just for that moment to snap a photo.



*Shirley posed during our Oktoberfest celebration.*



*Art was excited to start our art classes again.*



*Faythe DIYed her mask from a potato chip bag. She brought a smile to a lot of faces.*

## EMPLOYEE OF THE MONTH

Patti is our wonderful employee of the month. She has shown great compassion and care for the residents and families for along time, but especially during the last few months. We couldn't imagine our team without her honest and heartfelt approach to her work and friendships. And she give the best elbow bumps in the building. Congrats Patti!





## HEALTH & WELLNESS

### SANDY ANDRADE

Director of Resident Care

In countries all over the world, October is marked as Breast Cancer Awareness month to help increase attention and support to the disease. As this time of the year rolls around, it is a great reminder to practice these preventative measures for cancer and in order to maintain good health:

- **Maintain a healthy weight:** The American Cancer Society recommends you stay at a healthy weight by balancing your food intake and physical activity. A large increase in weight gain post-menopause is linked with a higher risk of breast cancer.
- **Be physically active:** Regular exercise can lower the risk of breast cancer, such as going on a walk every day or taking a dance class with friends.
- **Eat your fruits & vegetables** – and avoid too much alcohol: A healthy diet can help lower the risk of breast cancer. Try to eat a lot of fruits and vegetables and keep alcohol at moderate levels or lower.

- **Don't smoke:** Smokers and non-smokers alike know how unhealthy smoking is.

Smoking can lower quality of life and increase the risk of heart disease, stroke, and at least 15 cancers – including breast cancer.

Although there are a few preventative measures you can take, it is always a good idea to go in for a screening yearly. For those over the age of 55, mammograms are recommended at least every other year, but you can choose to be screened yearly. Take time this month to be aware, support the cause, and get informed!



Barbara had a great time posing.

## EASY WAYS TO RAISE ALZHEIMER'S AWARENESS

When President Ronald Reagan declared the first National Alzheimer's Disease Awareness Month in November 1983, fewer than 2 million Americans had the disease. Today, there are more than 5 million.

This month start to plan how you will join the cause to help raise awareness about Alzheimer's in November. Here are some ideas:

*Walk for a cure.* The Alzheimer's Association Walk to End Alzheimer's is an annual event that takes place in communities nationwide throughout the year, with many walks occurring in the fall. Belmont Village will host its own shadow walk on your own time this year, instead of gathering down town to walk. Keep your eyes open for a few fundraisers over the next few months.

*Put on some purple.* The color purple is used to represent Alzheimer's awareness. Go further than just wearing a purple ribbon—why not dress head to toe in purple? You can also hang a purple wreath or banner on your door.

*Honor a caregiver.* November is also National Family Caregivers Month, and this is no coincidence—Alzheimer's affects caregivers as well as those with the disease. Send a card or special treat to a caregiver, letting them know they are appreciated.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| 4   | 5   | 6   | 7   | 8  | 9   | 10   |
| 9:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Morning Mix<br>10:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Religious Services<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Sunday Football<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Bingo Group 1<br>2:45 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Bingo Group 2<br>3:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Classic Concerts | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Who Am I?<br>1:30 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Monday Musical Movie<br>2:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Jeopardy<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Shopping  | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Classic Music Concerts<br>1:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Healthy Living Lecture 🌿<br>2:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Cafe Trivia<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Sit and Stretch Class 🌿       | 9:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Morning Mix<br>10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:30 Game Show Games Room to Room Activity<br>2:30 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Documentary | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Bingo<br>1:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Zoom Music Live 🎵<br>2:45 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Resident Town Hall Meeting<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Word Games                    | 9:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Morning Mix<br>10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Afternoon Movie<br>2:00 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Short Story Discussion<br>3:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Activity Planning Meeting<br>3:15 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Shabbat with Sharon   | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Stretch Exercise Class 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Spanish Class<br>1:15 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> History with Mac<br>2:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Choir with Sun Joo<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">OP</span> Walking Club |
| 11  | 12  | 13  | 14  | 15   | 16  | 17   |
| 9:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Morning Mix<br>10:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Religious Services<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Sunday Football<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Bingo Group 1<br>2:45 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Bingo Group 2<br>3:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Classic Concerts | <b>Columbus Day</b><br>10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Columbus Day Discussion<br>1:30 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Knitting Club<br>1:30 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Monday Musical Movie<br>2:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Never Have I Ever<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Monday Meditations | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Classic Music Concerts<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> TED Talk and discussion 🌿<br>2:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Rice Trivia<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Sit and Stretch Class 🌿      | 9:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Morning Mix<br>10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:30 Game Show Games Room to Room Activity<br>2:30 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Documentary | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Bingo<br>1:15 - 4:00 Scavenger Hunt<br><b>1:30 - 3:30 Hallway Happy Hours ☕</b>   | 9:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Morning Mix<br>10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Sit & Be Fit 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Afternoon Movie<br><b>2:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Book Club</b><br>3:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Solve the Mystery<br>3:15 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> Shabbat with Sharon   | 10:15 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Stretch Exercise Class 🌿<br>1:00 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Spanish Class<br>1:15 <span style="background-color: #008080; color: white; padding: 2px;">HP</span> History with Mac<br>2:30 <span style="background-color: #008080; color: white; padding: 2px;">TH</span> Virtual Choir with Sun Joo<br>3:30 <span style="background-color: #008080; color: white; padding: 2px;">OP</span> Walking Club |
| 18  | 19  | 20  | 21  | 22   | 23  | 24   |
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| 25  | 26  | 27  | 28  | 29   | 30  | 31   |
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# Out & About

## APPOINTMENTS

Please continue to schedule Dr appointments on Mondays, Wednesdays and Fridays. We will accommodate other days as needed. If you have any questions, please speak to the concierge or Janina.

## FAMOUS FIRSTS: FOOTBALL STADIUMS

The University of Pennsylvania's Franklin Field, named for the school's founder, Benjamin Franklin, is the nation's oldest football stadium. The wooden arena was constructed in 1895 outside of Philadelphia and was the first to boast a scoreboard. Harvard University gets bragging rights as the home of the first concrete stadium for the sport when it built Harvard Stadium in Boston in 1903. It's now a National Historic Landmark.



Majorie loved the Neighborhood craft.



The Patio visits are going so well! We love seeing families sharing time in person.



Rex won this classy men's protective cover in the monthly raffle.



Sharon loved the Luau themed room to room happy hour.



David won the Men's basket in the monthly raffle.

## NEWS FROM MEMORY PROGRAMS INTRODUCING OUR NEWEST ENRICHMENT LEADER: ALLIE

I came to this job through a series of coincidences. The convention hotel where I was working closed due to cancellations caused by Covid-19. Brian, who used to work at that hotel, reached to us saying there were temporary positions available. I jumped at the chance to apply for a position at the concierge desk. I was able to pick up shifts helping out with activities. Working on activities let my creativity flow in a way that I really enjoyed and had never experienced at work before. When an Enrichment Leader position opened up, I knew it was the logical step to continue to grow and work on the things that I enjoyed.

Even though I have only been doing this for a short time I am totally behind the ideologies that govern the Circle of Friends program. Just like physical exercise, mental and social exercise is necessary for a healthy life. The structure of the program is especially important at a time like this when so much of what is normal is changing daily. I practice some of the activities with my grandmother

at home to keep her mind sharp, challenge her, and keep her learning. But if you were to ask her, she might say I was using her as a guinea pig.

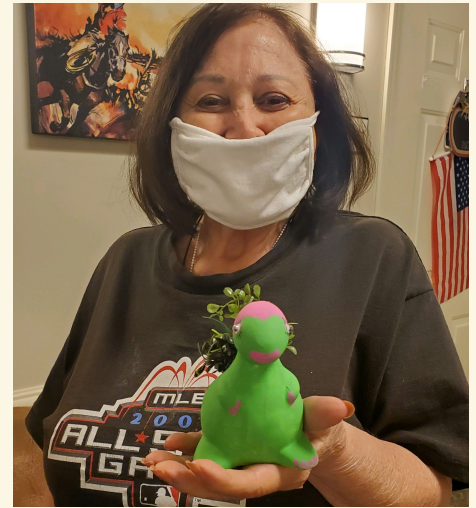
I grew up in Phoenix and have been lucky to have a very supportive family with whom I am very close. I studied Biology at the University of Arizona and have been saving up to go back for a Master's degree. In my free time I love to read, paint, play board and video game and scuba dive.



*Allie with her Grandma.*



*Armida enjoyed the Luau day.*



*Lisa enjoyed the craft project.*



*Les showed off his pretzel twisting skills at the Oktoberfest party.*



*Ginger shows off her work.*

# THE VILLAGE SCENE



*Ginny and Judy enjoyed the Oktoberfest celebrations and photo booth.*



*Carol and Gene are ready for the hallway programming.*



*Josephine's Kitchen made a great Beer Garden for Oktoberfest.*



*The residents love zoom music with Sun Joo each week.*



*Everyone is thrilled to be enjoying meals in the dining room again.*



*Friends and neighbors, Loraine and Sandy enjoy a moment together after breakfast.*

## BELMONT *Village*

SENIOR LIVING

SCOTTSDALE

13850 N. Frank Lloyd Wright Boulevard  
Scottsdale, AZ 85260

Lic. AL10063C

### 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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