BELMONT VILLAGE AT SABRE SPRINGS

THE VILLAGE NEWS

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





Claire Martinez & Anne Lasser receiving their 5-year Belmont Awards!







Celna Castillo: 15 Years of Service



Our lovely Full-Time Concierge, Diane!



AUGUST 2020



Inan Linton **Executive Director** (858) 486-5020 Ext. 104 ilinton@belmontvillage.com Lisa Tongco-Chavarria, R.N. Dir. of Res. Care Services (858) 486-5020 Ext. 105 atongco@belmontvillage.com Mary Conlen **Community Relations** (858) 486-5020 Ext. 116 mconlen@belmontvillage.com Paula Lemkuil **Director of Business Development** (858) 486-5020 Ext. 108 plemkuil@belmontvillage.com Keri Rudden Activity Programs Coordinator (858) 486-5020 Ext. 109 krudden@belmontvillage.com Jessica Studarus Memory Programs Coordinator (858) 486-5020 Ext. 110 jstudarus@belmontvillage.com Madeleine Jackson Human Resources Generalist (858) 486-5020 Ext. 107 mjackson1@belmontvillage.com Brad Devoe Chef Manager (858) 486-5020 Ext. 112 bdevoe@belmontvillage.com **Dwight Cloud Building Engineer** (858) 486-5020 Ext. 111 dcloud@belmontvillage.com Nadine Mutoni **Community Relations Assistant** (858) 486-5020 Ext. 108 nmutoni@belmontvillage.com **Barbara Klein** Wellness Coordinator bklein@belmontvillage.com



August Birthdays

RESIDENTS

- 1 Cynthia Mildfeldt Morgan
- 12 Gale Marino
- 12 Helen Shotts
- 13 Patricia Cummings
- 14 Annette White
- 16 Marilyn Bono
- 20 Rudy Cesena
- 22 Karen Halter
- 27 Erva Harris
- 29 Ellen Koelker



EMPLOYEES

- 2 Teresa Castro
- 3 Trisha Griswold
- 5 Brenda Oakes
- 7 Melba Gabriana
- 8 Frances Anne Calupcupan
- 8 Senia LaForte
- 10 Virginia Bucao
- 10 Elena Torio
- 15 Keri Rudden
- 16 Emma Penaverde
- 19 Gabriela Guizar Gutierrez
- 21 Rocky Ramos
- 24 Lourdes Castillo-Fernandez
- 25 Annabelle Pena

Father's Day Drive Thru Parade







Father's Day









THE VILLAGE NEWS























Noon Rotary Club of Rancho Bernardo presents gift cards in appreciation to nurses and PALS





Betty Sanders: 10 Years of Residency



SABRE SPRINGS

August 2020

SABRE SPRINGS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 TH Chair Exercise I with Mario 10:00 TH Chair Exercise II with Mario 1:30 IL/AL Scenic Drive 3:30 GR Trivia 7:00 B Saturday Night Movie
2	3	Essential Doctor Appointments 4	5	Essential Doctor Appointments 6	7	8
 9:00 TH Christian Church Service: Shadow Mtn. Church (Live Video) 10:00 CR Catholic Church Service (Live Video) 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 GR Trivia with Don 6:00 TH Sunday Night Movie 	10:40 MP Staying Well Games 🐴	 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 PO Water Aerobics with AJ 2:00 TH Blackjack 3:30 PL Wine & Pool Play 6:00 TH Tuesday Night Movie 	 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 MP Staying Well Games 2:00 TH Balance Class 3:15 PO Water Aerobics with AJ 6:00 TH Wednesday Night Movie 	9:30 TH Tai Chi Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Tai Chi Exercise II 10:40 MP Joys Of Life 1:30 CR Bridge Club 2:00 GR Happy Hour (1st Seating) 2:30 GR Happy Hour (2nd Seating) 3:00 GR Happy Hour (3rd Seating) 3:30 GR Happy Hour (4th Seating) 6:00 TH Thur. Night Movie	 9:30 TH Flex & Stretch Exercise I 10:00 TH Flex & Stretch Exercise II 10:30 CR Penny Game 1:30 TH Jeopardy 2:30 TH Balance Class with AJ 3:30 TH Wii Bowling 7:00 B Friday Night Movie 	 9:30 TH Chair Exercise I with Mario 10:00 TH Chair Exercise II with Mario 1:30 IL/AL Scenic Drive 3:30 GR Trivia 7:00 B Saturday Night Movie
9	10	Essential Doctor Appointments 11	12	Essential Doctor Appointments 13	14	15
 9:00 TH Christian Church Service: Shadow Mtn. Church (Live Video) * 10:00 CR Catholic Church Service (Live Video) 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 GR Trivia with Don 6:00 TH Sunday Night Movie 	9:30 TH Move & Groove Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Move & Groove Exercise II 10:40 MP Staying Well Games 2:00 LB Texas Hold 'em with Ana 3:30 CR Password Game 6:00 TH Monday Night Movie	9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II	9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 MP Staying Well Games 2:00 TH Balance Class 3:15 PO Water Aerobics with AJ 3:30 TH History Matters 6:00 TH Wednesday Night Movie	9:30 TH Tai Chi Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Tai Chi Exercise II 10:40 MP Joys Of Life 1:30 CR Bridge Club 2:00 GR Happy Hour (1st Seating) 2:30 GR Happy Hour (2nd Seating) 3:00 GR Happy Hour (3rd Seating) 3:30 GR Happy Hour (4th Seating) 6:00 TH Thur. Night Movie	 9:30 TH Flex & Stretch Exercise I 10:00 TH Flex & Stretch Exercise II 10:30 CR Penny Game 1:30 TH Jeopardy ↔ 2:30 TH Balance Class with AJ 3:30 TH Wii Bowling 7:00 B Friday Night Movie 	9:30 TH Chair Exercise I with Mario 10:00 TH Chair Exercise II with Mario 1:30 IL/AL Scenic Drive 3:30 GR Trivia 7:00 B Saturday Night Movie
16	17	Essential Doctor Appointments 18	19	Essential Doctor Appointments 20	21	22
 9:00 TH Christian Church Service: Shadow Mtn. Church (Live Video) * 10:00 CR Catholic Church Service (Live Video) 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 GR Trivia with Don 6:00 TH Sunday Night Movie 	 9:30 TH Move & Groove Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Move & Groove Exercise II 10:40 MP Staying Well Games * 2:00 TH AJ's Presentation: "Healthy Living & Learning Lecture" 2:00 LB Texas Hold 'em with Ana 3:30 CR Password Game 6:00 TH Monday Night Movie 	 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 PO Water Aerobics with AJ 2:00 TH Blackjack 3:30 PL Wine & Pool Play 6:00 TH Tuesday Night Movie 	9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 MP Staying Well Games 2:00 TH Balance Class 3:15 PO Water Aerobics with AJ 6:00 TH Wednesday Night Movie	9:30 TH Tai Chi Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Tai Chi Exercise II 10:40 MP Joys Of Life 1:30 CR Bridge Club 2:00 GR Happy Hour (1st Seating) 2:30 GR Happy Hour (2nd Seating) 3:00 GR Happy Hour (3rd Seating) 3:30 GR Happy Hour (4th Seating) 6:00 TH Thur. Night Movie	 9:30 TH Flex & Stretch Exercise I 10:00 TH Flex & Stretch Exercise II 10:30 CR Penny Game 1:30 TH Jeopardy 2:30 TH Balance Class with AJ 7:00 B Friday Night Movie 	9:30 TH Chair Exercise I with Mario 10:00 TH Chair Exercise II with Mario 1:30 IL/AL Scenic Drive 3:30 GR Trivia 7:00 B Saturday Night Movie
23		Essential Doctor Appointments 25		Essential Doctor Appointments 27	28	29
9:00 TH Christian Church Service: Shadow Mtn. Church (Live Video) 10:00 CF Catholic Church Service (Live Video) 3:30 GF Trivia with Don 6:00 TH Sunday Night Movie 30 9:00 TH Christian Church Service: Shadow Mtn. Church (Live Video) 10:00 CF Catholic Church Service (Live Video) 3:30 GF Trivia with Don 6:00 TH Sunday Night Movie	9:30 TH Move & Groove Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Move & Groove Exercise II 3:30 OF Password Game 6:00 TH Monday Night Movie 31 9:30 TH Move & Groove Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Move & Groove Exercise II 3:30 OF Password Game 6:00 TH Monday Night Movie	 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 PO Water Aerobics with AJ 1:30 MP Keri's Marketplace Opens 2:00 TH Blackjack 3:30 PL Beer & Ping-Pong 6:00 TH Tuesday Night Movie 	 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 MP Staying Well Games 2:00 TH Balance Class 3:15 PO Water Aerobics with AJ 6:00 TH Wednesday Night Movie 	9:30 TH Tai Chi Exercise I 10:00 IL/AL Scenic Drive 10:00 TH Tai Chi Exercise II 10:40 MP Joys Of Life 1:30 CR Bridge Club 2:00 GR Happy Hour (1st Seating) 2:30 GR Happy Hour (2nd Seating) 3:00 GR Happy Hour (3rd Seating) 3:30 GR Happy Hour (4th Seating) 6:00 TH Thur. Night Movie	 9:30 TH Flex & Stretch Exercise I 10:00 TH Flex & Stretch Exercise II 10:30 CR Penny Game 1:30 TH Jeopardy 2:30 TH Balance Class with AJ 3:30 TH Wii Bowling 7:00 B Friday Night Movie 	9:30 TH Chair Exercise I with Mario 10:00 TH Chair Exercise II with Mario 1:30 IL/AL Scenic Drive 3:30 GR Trivia 7:00 B Saturday Night Movie

GR	GR
TH	Town Hall
В	Bistro
CR	Club Room/3Fl
MP	Marketplace/Parlor/1Fl







INTRODUCING OUR NEWEST ADMIN TEAM MEMBERS!

Please welcome our new HR Team to Belmont! Daryl Salrin (pictured to the right below) is our new Human Resources Generalist. She will be overseeing all employee relations. Anais (pronounced Anis) Pichardo (pictured to the left below) is our new Human Resources Assistant. She will be in charge of scheduling our staff. Please make sure to give them a warm welcome when you see them in the halls! We are so happy to have them join our team!







Congratulations are in order for Alona De Los Santos, our new Employee of the Month! Alona is part of our Nursing Team. She has been with Belmont Village for the past seven years! You can tell Alona has a unique relationship with each of the residents she works with. She is very compassionate and detail-oriented. One of the reasons we selected Alona to honor this month is because of her natural leadership when working alongside her team. She really seems to know how to take charge of any given situation and handle it with poise. She is cool and collected under pressure and knows how to manage her time well, especially considering all the

additional changes that have come into play since COVID-19. We appreciate all her hard work and dedication to this company! Alona is just one of the many pieces that help make this operation run as smoothly as it does! Thanks again for all you do, Alona, and congratulations once more!



THE VILLAGE NEWS





















FEATURED PHOTOS!



Lou Janes enjoying a front row seat to her son-in-law's performance!



Don & Mike playing a competitive game of Ping-Pong!



Cheers to our new resident, Hettie!



Virginia & Alice celebrating their identical birthdays on July 15th!



Barbara Klein, our Wellness Coordinator, playing against Don!



Enjoying the live entertainment and the summer breeze!



SENIOR LIVING SABRE SPRINGS

13075 Evening Creek Drive S San Diego, CA 92128

RCFE Lic. 374603279

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





