

THE VILLAGE NEWS



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

SEPTEMBER 2020



Neighborhood Residents Aim for a Strike during a Round of Bowling!



STAFF DIRECTORY

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



RESIDENTS

- 4 Ed Conklin
- 8 Zane Feldman
- 12 Michael Schaffer
- 13 Miko Cascio
- 21 Ruth Slonim
- 25 Tom Tsuda
- 26 Nola McDevitt
- 27 Anne Lasser
- 27 Joann Lewis
- 28 Georgia Afendoules
- 28 John Kieley
- 28 Henry Schmidt



EMPLOYEES

- 6 Ana Barragan Corona
- 11 Parvin Khosraviani
- 13 Lalaine Bruno
- 18 Diana Curo
- 18 Emma Taska
- 19 Chona Rosales
- 20 Julieta Roque
- 23 Lilia Dimaiwat
- 24 Rosemarie Shibusaki
- 27 Mark Lane
- 27 Mitra Farid
- 29 Si Lam
- 30 Jecylyn Vanta



Team Member Spotlight



Congratulations are in order for Virgi Bucao, our new Employee of the Month! Virgi is part of our Memory Care Unit called “The Neighborhood”. Virgi has been with Belmont for almost 11 years now & was recently promoted to a lead role

as a “Pal Trainer”.

A Few Words from Virgi’s Manager (Jessica Studarus):

Virgi epitomizes the three traits I look for in a fantastic Neighborhood PAL. 1) Compassion: her heart is in the work. She is productive every minute of every day, & every one of those minutes is infused with love & excellent caregiving. 2) She has integrity: not only does she consistently show up on time for all scheduled shifts, but she can be counted on to consistently do the right thing for our residents behind closed doors. 3) teamwork: Virgi has good working relationships with her coworkers. She is supportive, communicative, & works with the understanding that we are a TEAM of caregivers – all residents are “our” residents, & we build each other up, not tear each other down. Thanks Virgi & congrats!



The mentally therapeutic “Joys of Life” Program led by Don Bodow!

Circle of **Friends & Neighborhood**



COF Residents enjoying the fresh air outside while listening to live entertainment for "Happy Hour"!



FLU SHOT CLINIC

Tuesday September 22nd
12:30pm - 2:00pm
Tuesday October 6th
12:30pm - 2:00pm
(2nd Floor Wellness Center)



Out & About




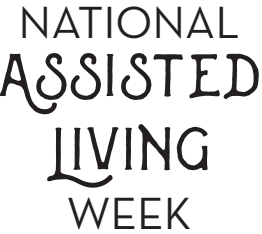
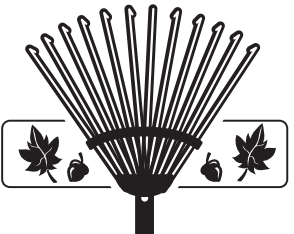
- Mon 10:00am
IL/AL Scenic Drive
- Tues 9:00am - 3:30pm
Essential Doctor Visits
- Wed COF Group #1 Outing
COF Group #2 Outing
- Thurs 9:00am - 3:30pm
Essential Doctor Visits
- Sat 1:30pm
IL/AL Scenic Drive

PODIATRIST

Barefeet Podiatry, Inc.
Dr. Atmar & Dr. Johnson
(Schedules In-House Visits)
Phone #: (858) 275-6320
Fax #: (877) 671-6835
www.barefeet-podiatry.com

PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY

Therapy is provided by RehabCare, located in the Wellness Center on the 2nd Floor in the Gym. For more information, please contact Lisa Seidenberg at (858) 486-0410 or via email at lisa.seidenberg@rehabcare.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Essential Doctor Appointments 1 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 10:45 PO Free Swim with AJ 2:00 TH Blackjack 3:30 PL Wine & Pool Play 6:00 TH Tuesday Night Movie	2 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	Essential Doctor Appointments 3 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 MP Joys of Life 1:00 CR Bridge Club 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 6:00 TH Thursday Night Movie	4 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	5 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 with Don 7:00 B Saturday Night Movie
6 9:00 TH Christian Church Service: Shadow Mtn. Church (1st Location) 9:00 CR Christian Church Service: Shadow Mtn. Church (2nd Location) 🌿 10:30 CR Catholic Church Service 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 MP Trivia with Don 6:00 TH Sunday Night Movie	Labor Day 7 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 GR Labor Day Entertainment with the "Beach Girls" 3:00 CR Password Game 6:00 TH Monday Night Movie	Essential Doctor Appointments 8 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 10:45 PO Free Swim 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 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	Essential Doctor Appointments 10 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 MP Joys of Life 1:00 CR Bridge Club 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 6:00 TH Thursday Night Movie	Patriot Day 11 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	12 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 with Don 7:00 B Saturday Night Movie
Grandparents Day & National Assisted Living Week Begins 13 9:00 TH Christian Church Service: Shadow Mtn. Church (1st Location) 9:00 CR Christian Church Service: Shadow Mtn. Church (2nd Location) 🌿 10:30 CR Catholic Church Service 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 MP Trivia with Don 6:00 TH Sunday Night Movie	14 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 JK Texas Hold'em with Ana 3:30 CR Password Game 6:00 TH Monday Night Movie	Essential Doctor Appointments 15 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 10:45 PO Free Swim with AJ 2:00 TH Blackjack 3:30 PL Wine & Pool Play 6:00 TH Tuesday Night Movie	16 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	Essential Doctor Appointments 17 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 MP Joys of Life 1:00 CR Bridge Club 1:00 JK Meet the Chef 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 6:00 TH Thursday Night Movie	Rosh Hashanah Begins at Sunset 18 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	19 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 with Don 7:00 B Saturday Night Movie
20 9:00 TH Christian Church Service: Shadow Mtn. Church (1st Location) 9:00 CR Christian Church Service: Shadow Mtn. Church (2nd Location) 🌿 10:30 CR Catholic Church Service 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 MP Trivia with Don 6:00 TH Sunday Night Movie	21 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 JK Texas Hold'em with Ana 3:30 CR Password Game 6:00 TH Monday Night Movie	First Day of Autumn 22 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 10:45 PO Free Swim 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	23 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	Essential Doctor Appointments 24 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 MP Joys of Life 1:00 CR Bridge Club 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 6:00 TH Thursday Night Movie	25 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	26 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 with Don 7:00 B Saturday Night Movie
Yom Kippur Begins at Sunset 27 9:00 TH Christian Church Service: Shadow Mtn. Church (1st Location) 9:00 CR Christian Church Service: Shadow Mtn. Church (2nd Location) 🌿 10:30 CR Catholic Church Service 10:30 TH Chair Exercise with Ana 2:00 TH Bingo with Ana 3:30 MP Trivia with Don 6:00 TH Sunday Night Movie	28 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 JK Texas Hold'em with Ana 3:30 CR Password Game 6:00 TH Monday Night Movie	Essential Doctor Appointments 29 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 10:45 PO Free Swim with AJ 2:00 TH Blackjack 3:30 PL Wine & Pool Play 6:00 TH Tuesday Night Movie	30 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			

ENRICHMENT Leaders



KELLEY O'LEARY



SENIA LAFORTE



LAUREN SOHOLT



Enrichment Leader Trisha Griswold teaching a "Brain Waves" course to COF.



It is well-known that isolation can have a significant negative health impact on seniors (and on anyone for that matter). Activities and socialization promote physical health, cognitive health, and psycho-social well-being. COVID quarantine has the opposite impact. Luckily, with the support of local Department of Health guidelines, (and as long as we remain COVID-free) we have the flexibility to continue programming - - albeit in small groups of 10, sitting 6 feet apart, and wearing masks as appropriate. We feel so lucky to

have had this freedom as many other communities have not been as fortunate. Our Circle of Friends program is a wonderful avenue for regular support and engagement for our residents.

Circle of Friends supports residents with attending activities daily and staves off loneliness by helping residents feel connected to each other. We do fun activities (like Happy Hour) - and also engage residents in therapeutic activities. Our goal is for folks to feel like what they are doing is novel, and that they are applying themselves in a way that feels like a mental stretch.

Above and to the left are some of our Fantastic Enrichment Leaders. Kelley, Senia, Lauren, Trisha and Melissa are working tirelessly and creatively to inspire our community to engage at their highest possible level.

LITTLE
celebrations



JUST
married



Happy
Retirement!



HAPPY
Birthday
TO YOU



HAPPY 61ST
Wedding
ANNIVERSARY



Happy Anniversary



FEATURED PHOTOS!



Mo & Janice enjoying the warm weather out on our front porch patio!



The "Beach Girls" singing all the greatest summer hits!



Merv Martin working on a new jigsaw puzzle in our Library!



Laura Flores serenading Darrin Gregg during Outside Happy Hour!



Fred getting his workout in for the day on one of our bicycle machines!



The Vidals performing for us during Happy Hour!

BELMONT *Village*

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



belmontvillage.com



©2020 BELMONT VILLAGE, L.P.