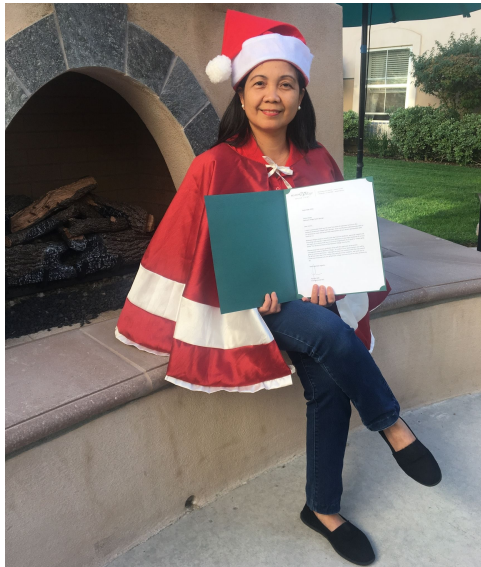


THE VILLAGE NEWS

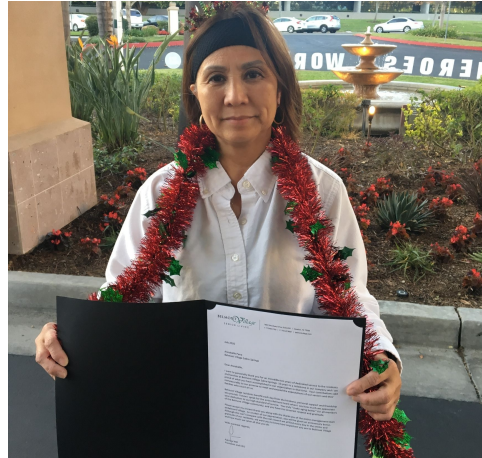


A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

DECEMBER 2020



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Annabelle Pena (Dining Room Server)



Elizabeth Gonzales (PM Pal)



Darrin Gregg (Resident)



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RESIDENTS

- 5 Lois Kolender
- 8 James Day
- 8 Sylvia Mason
- 14 Martin Lizerbram
- 16 Alfredo "Fred" Tejada
- 18 Norma Gerardy
- 18 Carolyn Speich
- 31 Leanne Feldman



EMPLOYEES

- 1 Milcitas Gacho
- 4 Pedro Flores Moreno
- 7 Christopher "Chris" Singh
- 14 Juan Martinez
- 16 Avaline Francia
- 17 Luzviminda "Luz" Zapanta
- 27 Eva Correa



Health & Wellness

It's the Holidays! Yum!

It is that time of year again when we start celebrating the holidays, and often, that means eating all those delicious foods we've come to expect and love in abundance. After all, you may only get them at this time of year. However, as one gets older, their metabolism slows and they don't need as much food to maintain good health. Following are some tips to help you enjoy all the fabulous foods that the holidays offer, without experiencing the effects that those foods can have on you.

Continue to drink plenty of water. Water not only helps to flush toxins and cleanse the body, but it helps to make you feel full if you drink some prior

and during the meal.

Avoid heavy meals, especially at night. Instead of taking a nap after a large indulgence of food, take a stroll. It helps with digestion and just feels good.

Maintain your sleep pattern. Often, we end up staying up much later than usual, but this can wear on the body and will make you feel more fatigued during quality time with friends and relatives.

Watch the salt and carbohydrate intake. Who doesn't love a good roll, or two? Enjoy a little, but realize that overindulgence of both of these things can lead to pain and swelling in joints and muscles.

Lastly, enjoy the time of the Season! Bringing joy to others with a smile, is a gift we can all give. Happy Holidays!



Love, Jensen, Andrea, Polly & Sprout



Merry Christmas, Pauline



Resident Pauline Hayes' Family



Resident Marilyn Carver's Family



Resident Robert Rauck's Family



Resident Gigi Christoph's Family



Resident Joann Lewis' Family



Resident Dixie Henry's Family



Resident Gigi Christoph's Family



Resident Fred Tejada's Granddaughters




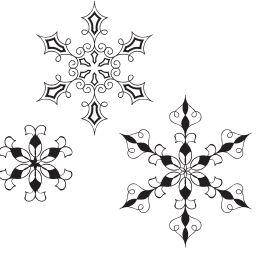
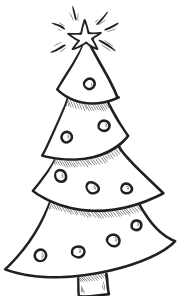

Resident Rosemary Creigh's Family



Resident Mike Caprio's Family



Resident Gigi Christoph's Family

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Performance by Double Take 1 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:30 MP Keri's Marketplace Opens 1:00 GR Holiday Tree Decorating Party (1st Seating) 1:30 GR Holiday Tree Decorating Party (2nd Seating) 3:00 JP Holiday Show (1st Seating) 3:30 JP Holiday Show (2nd Seating)	2 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 TH Staying Well Games 🍀 2:00 TH Balance Class 🍀 3:00 TH Meditation & Yoga with AJ 7:00 B Wednesday Night Movie	3 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 PL Joys of Life 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 7:00 B Thur. Night Movie	4 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	5 9:30 TH Chair Exercise I 10:00 TH Chair Exercise II 2:00 TH Bingo 3:30 PL 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 (Live Video) 10:30 TH Chair Exercises 2:00 TH Bingo 3:00 PL Trivia with Don 6:00 TH Sunday Night Movie	7 Pearl Harbor Day 9:30 TH Move & Groove Exercise I 10:00 TH Move & Groove Exercise II 10:40 TH Staying Well Games 🍀 2:00 GR Walking Club with AJ 3:00 CR Password Game 5:30 GR Christmas Light Drive 7:00 B Monday Night Movie	8 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 2:00 TH Blackjack 3:30 PL Wine & Pool Play 6:00 TH Tuesday Night Movie	9 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 TH Staying Well Games 🍀 2:00 TH Balance Class 🍀 3:00 TH Meditation & Yoga with AJ 3:30 TH History Matters 🍀 5:30 GR Christmas Light Drive 7:00 B Wednesday Night Movie	10 Hanukkah (Begins at Sunset) 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 PL Joys of Life 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 7:00 B Thur. Night Movie	11 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	12 9:30 TH Chair Exercise I 10:00 TH Chair Exercise II 2:00 TH Bingo 3:30 PL Trivia with Don 7:00 B Saturday Night Movie
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 (Live Video) 10:30 TH Chair Exercises 2:00 TH Bingo 3:00 GR Holiday Show: Christmas Dancers 6:00 TH Sunday Night Movie	14 9:30 TH Move & Groove Exercise I 10:00 TH Move & Groove Exercise II 10:40 TH Staying Well Games 🍀 2:00 GR Walking Club with AJ 3:30 CR Password Game 5:30 GR Christmas Light Drive 7:00 B Monday Night Movie	15 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 1:30 MP Keri's Marketplace Opens 2:00 TH Blackjack 3:30 PL Beer & Ping-Pong 6:00 TH Tuesday Night Movie	16 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 TH Staying Well Games 🍀 2:00 JP Resident Employee Appreciation Party 3:00 TH Meditation & Yoga with AJ 5:30 GR Christmas Light Drive 7:00 B Wednesday Night Movie	17 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 PL Joys of Life 1:00 JK Meet the Chef 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 7:00 B Thur. Night Movie	18 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	19 9:30 TH Chair Exercise I 10:00 TH Chair Exercise II 2:00 TH Bingo 3:30 PL 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 (Live Video) 10:30 TH Chair Exercises 2:00 TH Bingo 3:00 PL Trivia with Don 6:00 TH Sunday Night Movie	21 Winter Solstice 9:30 TH Move & Groove Exercise I 10:00 TH Move & Groove Exercise II 10:40 TH Staying Well Games 🍀 2:00 GR Walking Club with AJ 3:30 CR Password Game 5:30 GR Christmas Light Drive 7:00 B Monday Night Movie	22 Holiday Performance by Santa's Sweethearts 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 6:00 TH Tuesday Night Movie	23 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 TH Staying Well Games 🍀 3:00 CR Canasta Card Game 3:00 TH Meditation & Yoga with AJ 5:30 GR Christmas Light Drive 7:00 B Wednesday Night Movie	24 Christmas Eve 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 PL Joys of Life 7:00 B Thur. Night Movie	25 Christmas Day 10:30 CR Penny Game 1:30 TH Jeopardy 🍀 7:00 B Friday Night Movie	26 9:30 TH Chair Exercise I 10:00 TH Chair Exercise II 2:00 TH Bingo 3:30 PL Trivia with Don 7:00 B Saturday Night Movie
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 (Live Video) 10:30 TH Chair Exercises 2:00 TH Bingo 3:00 PL Trivia with Don 6:00 TH Sunday Night Movie	28 9:30 TH Move & Groove Exercise I 10:00 TH Move & Groove Exercise II 10:40 TH Staying Well Games 🍀 2:00 GR Walking Club with AJ 3:30 CR Password Game 5:30 GR Christmas Light Drive 7:00 B Monday Night Movie	29 9:30 TH Total Body Toning Exercise I 10:00 TH Total Body Toning Exercise II 10:45 CR Canasta Tuesdays 1:30 MP Keri's Marketplace Opens 2:00 TH Blackjack 3:30 PL Beer & Ping-Pong 6:00 TH Tuesday Night Movie	30 9:30 TH Wake & Shake Exercise I 10:00 TH Wake & Shake Exercise II 10:40 TH Staying Well Games 🍀 2:00 TH Balance Class 🍀 3:00 TH Meditation & Yoga with AJ 5:30 GR Christmas Light Drive 7:00 B Wednesday Night Movie	31 New Year's Eve Party With the "Bayou Brothers" 9:30 TH Tai Chi Exercise I 10:00 TH Tai Chi Exercise II 10:40 PL Joys of Life 3:00 GR Happy Hour (1st Seating) 3:30 GR Happy Hour (2nd Seating) 7:00 B Thur. Night Movie		

Team Member
Spotlight

SENIA LAFORTE



Congratulations are in order for our new Employee of the Month, Senia LaForte! Senia has been a Circle of Friend's Enrichment Leader here at Belmont since May of 2019. During the transition period of waiting for a new Memory Program Coordinator to come on board, Senia really rose to the occasion! She took charge of making sure the Circle of Friends department ran smoothly in the absence of a department head. Not only does she have ambitions of becoming a Senior Enrichment Leader but she has also taken initiative to get officially certified to instruct Dementia Training. This is a course every staff member is required to take here at Belmont annually. Way to go Senia!

MERRY CHRISTMAS MOE



Disney Village Week



Join us Monday December 7th through Friday December 11th as we bring the magic of Disney to Belmont for the holidays! We'll be showing Disney film classics all week long and encouraging residents & staff to wear their favorite Disney merchandise (mouse ears)! Feel free to even dress up as your favorite Disney character!



Starting Tuesday December 1st, residents and staff can begin decorating their doors for the "Holiday Door Decoration Contest"! Staff can claim any storage door in the building to decorate! Photos of the entries will be displayed on Wednesday December 16th in the Great Room for voting! Winners will be announced at our New Year's Eve Party!



Christmas Spirit Week

December 14th - December 18th

Monday:

Holiday Headwear
(Festive Hats & Headbands)

Tuesday:

Winter Wonderland
(White, Silver, & Blue Apparel)

Wednesday:

Ugly Christmas Sweater

Thursday:

Silver & Gold

Friday:

Red & Green



Tuesday December 1st

Holiday Tree Decorating Party
Front Entrance
(1:00pm & 1:30pm Seating)

Live Holiday Entertainment
by "Double Take"
Josephine's Patio

(3:00pm & 3:30pm Seating)

Wednesday December 16th

Resident Employee
Appreciation Party
Josephine's Patio
2:00pm Seating



Out & About

Doctor Appointments

Tuesday 9:00am - 3:30pm
Thursday 9:00am - 3:30pm

Resources at a Glance

PODIATRIST

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

DENTISTRY

Mobile Care Dentistry
Dr. Koo Karimi
(Schedules In-House Visits)
Phone #: (949) 274-9431
kookarimids@gmail.com

PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY

Therapy is provided by RehabCare, located next to the Wellness Center on the 2nd Floor in the Gym.
Lisa Seidenberg at (858) 486-0410
lisa.seidenberg@rehabcare.com

SALON SERVICES

Hair Stylist: Karen (858) 668-2423
Accepting Appointments on
Thursdays & Fridays
(on-site)

FEATURED PHOTOS!



Niko & Sylvia reading the newspaper together!



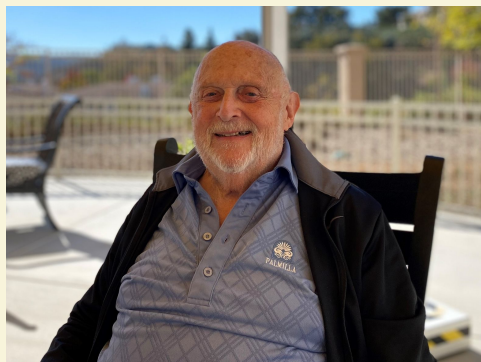
Sombat with her kitten ears on!



Pet Therapy with Niko & Wanda!



Resident Mia Robb's Family



New resident, Carl Stern, enjoying a nice day out on the patio!



Resident Marilyn Carver's Family!

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



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