

THE VILLAGE NEWS



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

NOVEMBER 2020

FROM THE DESK OF THE EXECUTIVE DIRECTOR



It's election time! Civic engagement is very important to the residents here at Belmont Village Hollywood Hills. Most residents decided to vote by mail but the polling location is close by as well—this year it is at the Hollywood Bowl. We definitely rock the vote here at Belmont!

The Veterans Wall adjacent to Josephine's Kitchen is just one of the ways we try to honor our American Heroes. We take great pride in caring for our Veteran residents and look forward to recognizing all Veterans on November 11th.

Thanksgiving will look different for many of us this

year. We look forward to celebrating with residents and staff here, and ask that if residents are seeing family outside of the community that safety measures are taken seriously. Have a safe and happy Thanksgiving!

On a final note, it's hard to believe that the holidays are right around the corner! With the season quickly approaching, I have received inquiries from residents and families asking how they can show their appreciation to our wonderful staff—especially in light of all they did throughout this pandemic. As most of you are aware, Belmont Village has a no tipping policy in place, which is an industry standard. The Staff Appreciation Fund was established to provide a way for our residents and families to thank our non-management employees and contributions are voluntary. More information will be provided to you soon in a letter from the Resident Council Board members.

-Allyson



STAFF DIRECTORY

ALLYSON YOUNG

Executive Director
(323) 874-7711, Ext. 102
ayoung@belmontvillage.com

DIANA ALVARADO

Director of Resident Care Services
(323) 874-7711, Ext. 109
dalvarado@belmontvillage.com

NELSON HENRIQUEZ

Building Engineer
(323) 874-7711, Ext. 105
nhenriqu@belmontvillage.com

ANDREW ZUMBADO

Chef Manager
(323) 874-7711, Ext. 106
azumbado@belmontvillage.com

ABBY TRAXLER

Memory Program Coordinator
(323) 874-7711, Ext. 150
atraxler@belmontvillage.com

JEREMY FAULKNER

Activity Program Coordinator
(323) 874-7711, Ext. 104
jfaulkner@belmontvillage.com

JULIE MINASVAND

Human Resources Generalist
(323) 874-7711, Ext. 103
jminasvand@belmontvillage.com

TRACEY PAULK

Community Relations
(323) 874-7711, Ext. 110
tpaulk@belmontvillage.com

PIRJO WONG

Community Relations
(323) 874-7711, Ext. 107
pwong@belmontvillage.com



HAPPY BIRTHDAYS

RESIDENTS

11/4 MICHAEL PARISH
11/14 CAMILLE HARRIS
11/17 ALMA BERKUS
11/22 HEIDI BOWEN

STAFF

11/10 CYNTHIA ARROLIGA-H.
11/10 ANDRES FERNADEZ C.
11/11 ANDREW ZUMBADO
11/12 MARITES SILVA
11/14 EDEN CRIZ UNG
11/18 KEITH KANG
11/18 TAWANA JACKSON
11/18 APPLE DELA CRUZ
11/27 JULIE MINASVAND

CELEBRATING ALL
RESIDENT BIRTHDAYS
FRIDAY, NOV. 27TH
JOSEPHINE'S KITCHEN



GUIDE TO VISITING

Family and friends are welcome to visit us here at Belmont Village Hollywood Hills. Here is the latest guidance on visiting:

- Please make an appointment with the concierge for your visit by calling 323-874-7711
- Visits take place in our beautiful central courtyard and may last up to an hour
- Visitors will be screened and have their temperatures taken at each visit
- Masks and social distancing is required throughout the visit. Staff may provide reminders to guests who may not be in compliance.
- Requests for compassionate care visits to resident apartments are reviewed by the Executive Director (ayoung@belmontvillage.com)
We look forward to facilitating your visit with us!

Josephine's Kitchen

JOSEPHINE'S KITCHEN HOURS

*Breakfast 7-9 a.m.
Lunch 11 a.m.-1 p.m.
Dinner 4:30-7 p.m.*



SALON HOURS

*Mondays, Tuesdays and
Wednesdays
9:00 to 3:00*

To make an appointment,
call (323) 874-7711.

STAFF AWARDS!

EMPLOYEE OF THE MONTH- OCTOBER

GRECIA TERRONES

TEAM PLAYER

ENRIQUE RODRIGUEZ

SAFETY STAR

MARITES SILVA

THANK YOU FOR YOU HARD WORK AND DEDICATION TO OUR
RESIDENTS, FAMILIES AND COWORKERS!
YOU'RE THE BEST!



PRESSED FLOWER PUMPKIN

Repurpose those Halloween pumpkins and make them into fall decor with this great craft idea from Good Housekeeping:

Materials:

- Faux or real pumpkin
- Modge Podge
- Paint brush
- Tweezers
- Pressed leaf or flower

Directions:

Use a faux pumpkin so this lovely craft can last all season long. To make, paint a small area of Modge Podge on the pumpkin's surface, and using tweezers carefully place a pressed leaf or flower on top. Using a paint brush with a little Modge Podge, smooth out the petals of the flower/leaf.

Let it dry completely and repeat all over the surface of the pumpkin. Once dry, paint another layer or two of Modge Podge on top of the flowers and leaves to seal. Let dry for several hours to fully cure.



HAPPY THANKSGIVING!

JOIN US IN
CELEBRATING
THANKSGIVING!

SPECIAL HOLIDAY MENU
THURSDAY, NOVEMBER 26TH





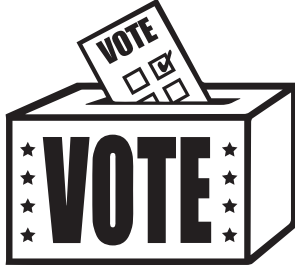
WHILE THERE WILL BE NO
GUESTS FOR OUR
THANKSGIVING MEAL THIS
YEAR, WE WILL CELEBRATE
TOGETHER WITH YOUR
FELLOW RESIDENTS AND
STAFF!



BUILDING ENGINEER PROMOTION

Nelson, our Building Engineer Assistant, was promoted to Building Engineer earlier this year. Nelson has been a great asset to the Belmont Village Hollywood Hills team and has led the Housekeeping staff through the increased sanitizing responsibilities. Nelson took on this position in the middle of a very challenging time and has done a marvelous job so far. Please join me in congratulating Nelson on his promotion!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| <p>1</p> <p>9:30 EXERCISE-4TH FLOOR 🌿 10:15 EXERCISE-3RD FLOOR 🌿 11:00 EXERCISE-2ND FLOOR 🌿 1:30 ACTIVITY-2ND FLOOR 🌿 2:30 ACTIVITY-3RD FLOOR 🌿 3:30 ACTIVITY-4TH FLOOR 🌿</p> | <p>2</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR BINGO 1:30 SR MIND AEROBICS 🌿 3:00 SR NAME THAT TUNE 🌿 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>3</p> <p>ELECTION DAY</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR VOCABULARY GAME 🌿 1:30 SR 20/QUESTIONS 🌿 3:00 SR WHEEL OF FORTUNE 🌿</p> | <p>4</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR JEOPARDY 🌿 1:30 SR AFTERNOON MOVIE MATINEE 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>5</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR VOCABULARY GAME 🌿 1:30 SR TED TALK 🌿 3:00 CT ENTERTAINMENT IN THE COURTYARD</p> | <p>6</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR TRIVIA MANIA 1:30 SR BLURT! 🌿 3:00 SR WHEEL OF FORTUNE 🌿 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>7</p> <p>9:30 EXERCISE-4TH FLOOR 🌿 10:15 EXERCISE-3RD FLOOR 🌿 11:00 EXERCISE-2ND FLOOR 🌿 1:30 ACTIVITY-2ND FLOOR 🌿 2:30 ACTIVITY-3RD FLOOR 🌿 3:30 ACTIVITY-4TH FLOOR 🌿</p> |
| <p>8</p> <p>9:30 EXERCISE-4TH FLOOR 🌿 10:15 EXERCISE-3RD FLOOR 🌿 11:00 EXERCISE-2ND FLOOR 🌿 1:30 ACTIVITY-2ND FLOOR 🌿 2:30 ACTIVITY-3RD FLOOR 🌿 3:30 ACTIVITY-4TH FLOOR 🌿</p> | <p>9</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR BINGO 1:30 SR MIND AEROBICS 🌿 3:00 SR NAME THAT TUNE 🌿 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>10</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR VOCABULARY GAME 🌿 1:30 SR 20/QUESTIONS 🌿 3:00 SR WHEEL OF FORTUNE 🌿</p> | <p>11</p> <p>Veterans Day</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR JEOPARDY 🌿 1:30 SR AFTERNOON MOVIE MATINEE 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>12</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR VOCABULARY GAME 🌿 1:30 SR TED TALK 🌿 3:00 CT ENTERTAINMENT IN THE COURTYARD</p> | <p>13</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR TRIVIA MANIA 1:30 SR BLURT! 🌿 3:00 SR WHEEL OF FORTUNE 🌿 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>14</p> <p>9:30 EXERCISE-4TH FLOOR 🌿 10:15 EXERCISE-3RD FLOOR 🌿 11:00 EXERCISE-2ND FLOOR 🌿 1:30 ACTIVITY-2ND FLOOR 🌿 2:30 ACTIVITY-3RD FLOOR 🌿 3:30 ACTIVITY-4TH FLOOR 🌿</p> |
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| <p>22</p> <p>9:30 EXERCISE-4TH FLOOR 🌿 10:15 EXERCISE-3RD FLOOR 🌿 11:00 EXERCISE-2ND FLOOR 🌿 1:30 ACTIVITY-2ND FLOOR 🌿 2:30 ACTIVITY-3RD FLOOR 🌿 3:30 ACTIVITY-4TH FLOOR 🌿</p> | <p>23</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR BINGO 1:30 SR MIND AEROBICS 🌿 3:00 SR NAME THAT TUNE 🌿 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>24</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR VOCABULARY GAME 🌿 1:30 SR 20/QUESTIONS 🌿 3:00 SR WHEEL OF FORTUNE 🌿</p> | <p>25</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR JEOPARDY 🌿 1:30 SR AFTERNOON MOVIE MATINEE 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>26</p> <p>Thanksgiving</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR VOCABULARY GAME 🌿 1:30 SR TED TALK 🌿 3:00 CT ENTERTAINMENT IN THE COURTYARD</p> | <p>27</p> <p>9:30 SR EXERCISE W/REHABCARE 🌿 10:30 SR TRIVIA MANIA 1:30 SR BLURT! 🌿 3:00 SR WHEEL OF FORTUNE 🌿 6:30 SR NIGHT CAPS W/HERSON 🌿</p> | <p>28</p> <p>9:30 EXERCISE-4TH FLOOR 🌿 10:15 EXERCISE-3RD FLOOR 🌿 11:00 EXERCISE-2ND FLOOR 🌿 1:30 ACTIVITY-2ND FLOOR 🌿 2:30 ACTIVITY-3RD FLOOR 🌿 3:30 ACTIVITY-4TH FLOOR 🌿</p> |
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WALK TO END ALZHEIMER'S

It's time again to dust off those sneakers! The annual Alzheimer's Association Walk to End Alzheimer's® is on November 7th!

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's.

This year's event won't be a large in-person gathering — instead, the Alzheimer's Association invites attendees to walk in small teams of friends and family while others around Los Angeles do the same.

We are so excited to be partnering with the LA Chapter of the Alzheimer's Association to host the Hollywood Promise Garden along with the American Legion Post 43. To ensure the safety of participants the Promise Garden will be a drive-thru only experience.

Our team will still be raising funds until the day of the walk! Cash donations and checks can also be left with the concierge. Please make checks payable to the Alzheimer's Association and include Team Belmont Village Hollywood in the memo line. You can also donate by visiting our team site at act.alz.org and searching "Belmont Village Hollywood" under the "Teams" tab.

Contact Memory Programs Coordinator Abby Traxler or Senior Enrichment Leader Greg Kocis with questions.



November is
#ENDALZ
National Alzheimer's Disease
Awareness Month



CIRCLE OF FRIENDS AND NEIGHBORHOOD UPDATES

This month kicks off with the annual Walk 2 End Alzheimer's on November 7th. (Be sure to read the left column to learn about how this year's walk has changed to ensure everyone's safety.) On November 11th we honor our veterans both living and gone and thank them for their sacrifice to our nation. November also begins the holiday season and, like the rest of 2020, this Thanksgiving will be unlike any other. Our dedicated Enrichment Leaders have designed a cornucopia of

meaningful programs related to this month's theme, Native Americans & Colonists. A virtual visit to Plymouth Rock will give residents the chance to tour the site of the first Thanksgiving. Technology takes us to some amazing places! Art projects like DIY dream catchers will be a fun way to learn about Native American culture and folklore while encouraging creativity. And of course, we'll reflect on all the things we're thankful for, especially FAMILY. Holiday ZOOM, Skype & FaceTime gatherings are a great way for our seniors to safely enjoy their favorite traditions with the ones they love. To sign up, please speak with a member of our concierge team at (323) 874-7711 or by contacting Memory Programs Coordinator Abby Traxler.



HEALTH & WELLNESS



Diana Alvarado-Director of Resident Care Services

Become Involved in American Diabetes Month® 2020. November is American Diabetes Month, a time to rally individuals, communities and families to join the millions in the movement to Stop Diabetes®. Here are other ways you can become involved:
 Attend a virtual American Diabetes Month event. Visit www.stopdiabetes.com, Call 1-800-DIABETES, take the pledge on Facebook. Here at Belmont Village we can provide diabetic management services, which is increasingly important with the rise in diabetes cases in America. Left untreated or improperly managed, diabetes can be a leading cause of heart attack, stroke, vision loss, kidney failure, loss of limbs, and even dementia. Belmont Village nurses undergo specific training under our Diabetes Center of Excellence program, designed to

ensure that they recognize the signs and symptoms of hypoglycemia, hyperglycemia, and diabetic abnormalities. Included in our program is a precise record of blood sugar monitoring and medication given, enabling us to communicate results with our residents' preferred physicians. Residents and families are encouraged to communicate with the DRCS and the licensed nurses in our Wellness Center about any medical concerns.

3 THINGS YOU NEED TO KNOW

Cooking a turkey this month? Here are a few things to remember:

- 1) Plan for about 1 1/2 pounds of turkey per person. If you are feeding eight people, you'll want a 12-pound bird. Choose a bigger turkey if you want plenty of leftovers!
- 2) Don't stuff with stuffing. Food safety experts suggest baking the stuffing in a separate pan. Loosely fill the turkey with a cut-up onion and some herbs.
- 3) Use a digital meat thermometer so you know when the bird is done. Insert the thermometer in the thickest part of the turkey around the thigh, avoiding the bone. At 165° F, it's ready to come out of the oven. Let the turkey rest at least 15 minutes before carving.



REHAB CARE WELCOMES NEW PROGRAM DIRECTOR

There is a new member of the RehabCare team! Join us in welcoming Trevor as the new Program Director. RehabCare has been a great partner in offering access to various therapies here at Belmont Village Hollywood Hills. For information on physical, speech, or occupational therapy, feel free to reach out to Trevor.

Trevor Michael Stegen
Program Director
RehabCare PLUS
 323/874-4571 Wellness Line
 855/373-9809 eFax
trevor.stegen@rehabcare.com

DID YOU KNOW?

Patrick, who leads our morning exercise class, is an employee of RehabCare. If you have suggestions for exercises or other wellness benefits you would like to have, we welcome your feedback!



SOME OF OUR HERO VETERANS! THANK YOU!



Frank



Sandy



Rick



Mel



Augie



Leonard

BELMONT *Village*

SENIOR LIVING

HOLLYWOOD

2051 N Highland Avenue
Los Angeles, CA 90068

RCFE Lic. 197603515

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



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