

THE VILLAGE NEWS



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

DECEMBER 2020

FROM THE DESK OF THE EXECUTIVE DIRECTOR



A FIGURE OF SPEECH

Phrase: Catch you on the flip side!

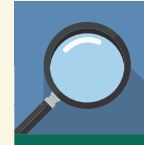
Meaning: See you later!

Origin: The “flip side” began as a nickname for the B side of vinyl records, since you had to physically flip a record over to play the music on that side. In the 1970s, truckers and other drivers with citizens band radios often signed off with “Catch you on the flip side,” meaning they would soon be out of range, but would be back to talk on the return trip. The popularity of CB radio slang introduced the phrase into everyday language.

BRAIN BENDER: HO, HO, HO!

Santa Claus needs some help with this puzzle. He’s filled in some of the blanks with his famous laugh, but can you come up with the remaining letters to answer each clue?

- Hershey’s addict: _ H O _ _
H O _ _ _
 - Listing of famous names: _
H O ’ _ _ H O
 - “Deer” and “dear,” for example: H O _ _ _ H O _ _ _
 - Be patient!: H O _ _ _ _ _
H O _ _ _ _ !
 - Slang for a person in charge: _ _ _ _ H O _ _ H O
 - To the fullest extent: _ H O _ _ _
_ _ H O _
 - A backyard game: H O _ _ _
_ _ H O _ _
 - Distinguished Oxford student: _ H O _ _ _ _ H O _ _ _
 - One-handed basketball throw: H O _ _ _ H O _
 - Helps with getting into footwear: _ H O _ H O _ _
- (Answers: 1. chocoholic; 2. who’s who; 3. homophones; 4. Hold your horses; 5. head honcho; 6. whole hog; 7. horseshoes; 8. Rhodes scholar; 9. hook shot; 10. shoehorn)



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HAPPY BIRTHDAYS

FAMOUS FACES BORN IN DECEMBER

Dec. 2, 1983: Aaron Rodgers
Dec. 4, 1969: Jay-Z
Dec. 12, 1975: Mayim Bialik
Dec. 18, 1980: Christina

Aguilera

Dec. 19, 1987: Ronan Farrow
Dec. 21, 1937: Jane Fonda
Dec. 28, 1954: Gayle King
Dec. 31, 1943: Ben Kingsley

POPCORN PICK: 'TOY STORY'

Twenty-five years ago, this comedy about the secret life of toys brought out the kid in everyone. Groundbreaking at the time, "Toy Story" was the first feature-length film animated entirely by computer. Along with its visual wonders, audiences were also enchanted by the heartwarming story and clever dialogue between the playthings of a little boy named Andy. Driving the plot is a rivalry between Andy's favorite toy, a pull-string cowboy named Woody, who is voiced by Tom Hanks, and a new gift, space ranger Buzz Lightyear, voiced by Tim Allen. When the two toys are stranded far from home, they must work together to get back to Andy. For its technical achievement, the film was awarded a special Oscar, and it inspired three sequels.

POPULAR PAGES: 'THE SNOWMAN'

Instead of words, children's author and illustrator Raymond Briggs uses soft, dreamy drawings to tell the story of "The Snowman," published in 1978. After a fun day of playing in the snow, a young boy awakens in the night to discover his snowman has come to life! He excitedly shows his new friend around his home before the two fly off on an exhilarating journey over a wintry wonderland. Briggs' story was adapted into an animated TV special in 1982, which boosted the book's popularity and made both it and the film an enduring holiday classic.



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.

SIGNATURE STRIPES

The next time you unwrap a candy cane, look closely at the stripes. Often, there are three narrow red stripes between two thicker ones, but the number of smaller stripes can vary. Many candy companies decide on a specific number of stripes to set their peppermint sticks apart, so you may see only one to as many as five skinny stripes!

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





SHARE Life | SHARE News | SHARE Info

SOMETHING NEW!

This Newsletter, December 2020, will be the last BV Newsletter of its kind. We are going digital! Both residents and families will enjoy a new, modern newsletter and calendar through an app called “**Spectrio Share**”, available on your smart phone for free. Don’t worry if you don’t have one--residents will still have access to calendars and schedules in the building!

This new platform will allow family members to see activity participation, communicate with their loved ones at BV, see live schedule updates, and more. We are excited to take this next step together and be able to better connect our residents and families.



TEXAS FOREVER

This month marks the 175th anniversary of Texas’ statehood. The Lone Star State joined the U.S. on Dec. 29, 1845, becoming the nation’s 28th state.

INDULGING IN EGGNOG

Rich, creamy, sweet and spicy, eggnog is a favorite holiday treat.

Before evolving into the drink we know today, eggnog began as a medieval English punch called posset, which was served hot. Since its ingredients of milk, eggs, some type of alcohol, and spices were expensive, posset was reserved for special occasions and used when toasting to prosperity and good fortune.

In the 1700s, settlers brought their posset recipes with them to Colonial America. Historians believe the name “eggnog” emerged around this time and may derive from the word “noggin,” the term for a wooden cup used to serve drinks like posset, or “grog,” an alcoholic beverage.

Before the days of refrigeration, eggnog was more likely to be whipped up during the winter months. This led to it becoming a staple beverage served at holiday parties.

Along with homemade versions, more than 15 million gallons of commercially made eggnog are sold in the U.S. each year. The drink’s popularity has inspired a range of eggnog-flavored products, such as coffee, ice cream and baked goods. Dairy-free varieties of eggnog are also available.

MR. NEW YEAR’S EVE

When the clock strikes midnight on New Year’s Eve, countless revelers will burst into a chorus of “Auld Lang Syne.” The Scottish folk song has become a holiday tradition thanks largely to one man, bandleader Guy Lombardo, nicknamed “Mr. New Year’s Eve.”

Born in Ontario to a musical family, Lombardo, his three brothers and several friends formed the Royal Canadians in 1924. Five years later, the band performed a live radio broadcast from New York City’s Roosevelt Hotel on Dec. 31. They bid farewell to the old year by playing “Auld Lang Syne,” which the Lombardos knew from their childhood and often used as a show finale.

The group’s annual radio show continued until 1956, when it made the switch to TV. Viewers tuned in each holiday to watch Lombardo and his Royal Canadians, which grew into a 16-piece orchestra, play popular and classic tunes, and see the crowds gathered in Times Square.

After nearly 50 years of festivities, Lombardo led his last show in 1976. But his legacy lives on as his rendition of “Auld Lang Syne” is the first song played after the ball drops in Times Square.

Lombardo and his Royal Canadians were one of the longest-running big bands in history, with over 100 million records sold and 21 No. 1 hits.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 SR EXERCISE W/REHABCARE 10:30 SR VOCABULARY GAME 1:30 SR 20/QUESTIONS 3:00 SR WHEEL OF FORTUNE	2 9:30 SR EXERCISE W/REHABCARE 10:30 SR JEOPARDY 1:30 SR AFTERNOON MOVIE MATINEE 6:30 SR NIGHT CAPS W/HERSON	3 9:30 SR EXERCISE W/REHABCARE 10:30 SR VOCABULARY GAME 1:30 SR TED TALK 3:00 CT ENTERTAINMENT IN THE COURTYARD	4 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	5 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
6 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	7 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	8 9:30 SR EXERCISE W/REHABCARE 10:30 SR VOCABULARY GAME 1:30 SR 20/QUESTIONS 3:00 SR WHEEL OF FORTUNE	9 9:30 SR EXERCISE W/REHABCARE 10:30 SR JEOPARDY 1:30 SR AFTERNOON MOVIE MATINEE 6:30 SR NIGHT CAPS W/HERSON	10 9:30 SR EXERCISE W/REHABCARE 10:30 SR VOCABULARY GAME 1:30 SR TED TALK 3:00 CT ENTERTAINMENT IN THE COURTYARD	11 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	12 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
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POPULAR PAGES: 'MASTERING THE ART OF FRENCH COOKING'

Julia Child's first cookbook, co-written with Simone Beck and Louisette Bertholle and published in 1961, was revolutionary for American cooks. For perhaps the first time, French cuisine was presented with clear instructions and illustrations, encouraging beginners to learn how to make more than 500 classic recipes and develop a strong foundation of kitchen skills. A TV appearance promoting the book led to the creation of Child's wildly successful cooking show, "The French Chef," making her a household name and culinary expert.



CIVIL RIGHTS MILESTONE

Rosa Parks Day, on Dec. 1, honors the date in 1955 when the civil rights activist was arrested for refusing to give up her seat to a white passenger on a segregated bus in Montgomery, Ala. This year is the 65th anniversary of the historic event, which became a turning point in the civil rights movement.

A New Year, A New Start

HAPPY
NEW YEAR



Here's hoping the next 12 months bring you joy, peace and prosperity.



GIVE BAD LUCK A BLACK EYE!

Banish bad luck for the coming year with a bowl of black-eyed peas on New Year's Day. Tradition holds that eating a bowl of black-eyed peas will bring you good luck for the coming year. Besides, they're packed with great nutrition.

ORANGE YOU GLAD TO KNOW THAT ...

Eating one large orange will give your body the daily recommended amount of vitamin C.

5 THINGS ABOUT: RINGING IN THE NEW YEAR

- More than 1 million revelers gather each year to watch the famous ball drop in New York City's Times Square.
- At midnight in Music City, the nickname for Nashville, Tenn., a 15-foot-tall music note drops to ring in the New Year.
- To celebrate its biggest crop, Idaho puts on a giant potato drop in the capital city of Boise.
- Flagstaff, Ariz., lowers a 6-foot pinecone decorated with lights.
- In Miami, crowds wait for the ascent of "The Big Orange," a 35-foot neon orange wearing sunglasses.



HEALTH & WELLNESS



Diana Alvarado-Director of Resident Care Services

A HANDY TIP

Winter's cold, dry air combined with frequent hand-washing can be hard on your hands. Wash with a mild soap and warm water—not hot—and dry your hands well, then apply a thick moisturizer afterward.



LET YOUR DOCTOR KNOW

Before your next doctor's appointment, make a list of any surgeries, illnesses or visits with other health care providers you've had since your last appointment. Also list major life events such as a move or retirement, if you feel comfortable discussing them. The social components of our lives can affect our health.

DON'T BE FOOLED BY WINTERTIME MYTHS

Did your mother ever say you would catch a cold if you went outside with wet hair? Well, our mothers weren't always right. How many of the following winter health myths did you think were true?

You catch cold by being in the cold. Freezing temperatures, wet hair and bare heads don't cause colds. Colds are caused by viruses, which are more often spread in the winter because people tend to stay inside, in closer contact with each other.

You don't need sunscreen. You may be wearing more clothing and spending less time outside, but you should still wear sunscreen to protect your skin from the sun's UV rays, which are present year-round. You should also wear sunglasses in the winter, especially if there is snow on the ground, which reflects the sun's rays.

Don't exercise outside in the cold. As long as you do a proper warm-up before starting any strenuous physical activity, it should be safe to exercise outdoors. What better way to beat the cold?

You should sleep longer in the winter. Always make sure you are getting enough sleep to feel rested, but sleep is no more or less important in wintertime.

LAUGH LINES: SIGNED, SEALED AND DELIVERED

What starts with a P, ends with an E, and has thousands of letters in it? Post office!

The U.S. Postal Service processes about 16 billion letters, cards and packages from Thanksgiving to New Year's Eve.

While you wait for the day's mail, see if these jokes deliver some laughs.

Did you hear the one about the unstamped letter? Never mind. You wouldn't get it.

A teenager bought a stamp at the post office and asked the clerk, "Should I stick it on myself?" The clerk replied, "It'll get there faster if you stick it on the envelope."

How did the mail carrier know the package was meant for the Jell-O enthusiast? The package was signed, congealed and delivered.

Why did the doctor call the post office? He needed help delivering a baby.

A woman had a dream that a package she was expecting never arrived. You could say it was a logistical nightmare.

Max received a message about the package of spices he had ordered: The thyme had come.

What's a mail carrier's favorite herb? Parcel-y.

I got a letter that was just addressed to "You nitwit." What bothers me is that the post office knew where to deliver it.

HAPPY HOLIDAYS

BELMONT *Village*

SENIOR LIVING

HOLLYWOOD

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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

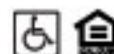
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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