

THE VILLAGE NEWS



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

SEPTEMBER 2020



FROM EXECUTIVE DIRECTOR, CHRIS

Somehow, the summer has flown by! Despite fall quickly approaching, it appears that we are still in for some warm weather for the time being. I hope that everyone is staying cool during their family visits on the Patios and is drinking plenty of fluids to stay hydrated. The front desk always has water for residents and visitors to enjoy during the visits ... just ask!

As we slowly continue to find some normalcy in our daily lives, residents can partake in the modified services being offered. Lucy and Irma in the Salon have been very popular in their new outdoor Salon set up. Residents have been enjoying getting their hair and nails styled “al fresco” on our shaded second-floor patio. With the help of Regina, our wonderful Activity Program Coordinator, we have welcomed back many entertainers who are able to perform outdoors, with strategic indoor seating allowing

residents to enjoy them, and while staying in line with COVID regulations. We have also accomplished this with a number of other vendors who have been able to hold virtual classes.

We still have our visiting areas up and running every day but would like to remind everyone that we can provide tablets for FaceTiming or Zoom calls any time and any day of the week. Just let the Concierge know if and when you would like to set up a time slot.

Here at Belmont, we are looking forward to our Labor Day festivities, which will include a tasty Barbecue out on the Patio done by Chef Lester and his team. Keep an eye out in the elevators for flyers showcasing his menu as it gets closer.

While we keep moving forward, we hope to be able to offer more and more services as we are allowed. I encourage and remind everyone to stay safe if they leave the community or visit with friends and families. Please make sure you are always wearing your mask and wash your hands often. Please continue to do your best with social distancing as this and good-mask-wearing will help to keep you and all of your friends here at Belmont safe.



STAFF DIRECTORY

Chris Schroeder

Executive Director
(818) 972-2405 ext. 102
cschroeder@belmontvillage.com

Marina Bonilla

Director of Resident Care Services
(818) 972-2405 ext. 109
Mbonilla@belmontvillage.com

Lester Mayoca

Chef Manager
(818) 972-2405 ext. 106

Jaime Laylo

Building Engineer
(818) 972-2405 ext. 105
jlaylo@belmontvillage.com

Katie Gaffney

Human Resources Generalist
(818) 972-2405 ext. 103

Christian Martinez

Memory Program Coord.
(818) 972-2405 ext. 111
cmartinezleos@belmontvillage.com

Michelle Sucillon

Community Relations
(818) 972-2405 ext. 108

Grace Jones

Community Relations
(818) 972-2405 ext. 107

Regina Benedicto

Activity Programs Coordinator
(818) 972-2405 ext. 104
mbenedic@belmontvillage.com





Happy Birthday

HAPPY BIRTHDAY, RESIDENTS!

Richard C.,	September 1
Andrew R.,	September 3
Edward K.,	September 5
Charles A.,	September 6
Sandra B.,	September 12
Lillian N.,	September 17
Reny P.,	September 19
Sally H.,	September 21
Max S.,	September 26
Gladys V.,	September 27
Beverly M.,	September 28
Catherine (Katie) G.,	September 30

HAPPY BIRTHDAY, EMPLOYEES!

Alayne N.,	September 2
Reynaldo S.,	September 6
Zunny M.,	September 7
Mindy C.,	September 7
Elena V.,	September 13
Editha L.,	September 14
Jamie M.,	September 20
Ignacio M.,	September 21
Breanna M.,	September 21
Allison Nicole E.	September 25
Griselda V.,	September 25
Sofia Q.,	September 27

EXTRA MILE: LESLIE G.

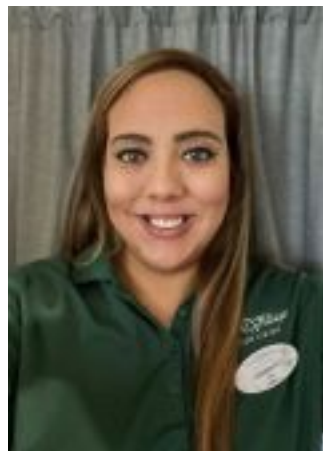


Congratulations, Leslie G., on becoming the Extra Mile recipient for September 2020. Leslie has been a Neighborhood PAL for more than a year. She is always willing to help & go the extra mile for our residents. Leslie is a team player & always creates a team environment in our Neighborhood. She has a caregiver's heart & ensures everyone gets the best care possible. Thank you, Leslie!

EXTRA MILE: EVGENIA K.



Congratulations, Evgenia K., on becoming our other Extra Mile recipient for September 2020. She is our Enrichment Leader for our Circle of Friends. As one of our newest employees she has definitely gone above and beyond with our COF Program. She challenges our residents to reach their fullest potential mentally and physically! Thank you for all your hard work, Gina!



EMPLOYEE OF THE MONTH: KRISTINA H.

Congratulations, Kristina H., our Employee of the Month for September 2020! She is one of our many Personal Assistant Liaisons whose work exceeds our expectations! She's an exceptional team player & always lends a hand to help her coworkers. She has displayed leadership skills, working as a Lead PAL when needed. She ensures our residents' safety and provides the best possible care. Thank you, Kristina!

HAPPY LABOR DAY 2020



Labor Day is a day dedicated to the social and economic achievements of American workers. We celebrate the contributions workers have made to the strength, prosperity, and well-being of our country! Chef Lester and his amazing Kitchen Staff will be grilling a delicious BBQ meal, delicious sides and desserts!

Monday, September 7th

Josephine's Kitchen

11:30-2:00pm

ROSH HASHANAH



Happy Rosh Hashanah! Rosh Hashanah is the Jewish New Year, taking place at the beginning of the month of Tishrei! Join us for service with Rabbi Bieber!

Friday, September 18th

HAPPY NATIONAL GRANDPARENTS DAY!



Happy National Grandparents Day! Our Belmont Village Family would like to honor all our residents who are grandparents and great-grandparents to their beautiful grandkids!

Sunday, September 13th

ADVENTURES WITH DOUG



Adventure through the Colorado back roads. Join us for our slideshow adventure as we make our way to Rocky Mountain National Park, while discovering stunning passes, magnificent animals, gorgeous flora and incredible views.

Wednesday, September 16

1:30 pm through Zoom

TRANSPORTATION

While personal transportation is available seven days a week, we ask you to please keep in mind the following recurring transportation obligations:

MONDAY

Local Shopping Trips

1:30pm

TUESDAY

Dr. Appointment Day

9:00 a.m.–4 p.m.

Please schedule with Concierge at least 48 hours prior to appt.

WEDNESDAY

Outing Day

THURSDAY

Dr. Appointment Day

9:00 a.m.–4 p.m.

Please schedule with Concierge at least 48 hours prior to appt.

FRIDAY

COF Outing Day

SATURDAY

Neighborhood Scenic Drive

10:30am - 12:30pm

Local Shopping Trips

1:30pm

SUNDAY

Transportation to Local Places of Worship

8:30am – 12:30pm

Scenic Drive

1:00pm

Please sign up with Concierge.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45 B Exercise with Randal Group 🌿 10:30 B "20 Questions" Game 🌿 1:30 MT Movie of the Day 2:00 B Chef's Chat with Chef Lester 🌿 7:00 MT Movie of the Night	2 9:45 B Exercise with Randal Group 🌿 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:00 B Bingo! 🌿 7:00 MT Movie of the Night	3 9:45 B Exercise with Randal Group 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:30 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	4 9:45 B Exercise with Randal Group 🌿 10:30 B Scattergories 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 3:15 MT TV Series Show: Agatha Christie's Marple 4:00 TH New Resident Orientation 7:00 MT Movie of the Night	5 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 7:00 MT Movie of the Night
6 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🌿 1:30 MT Movie of the Day 1:30 Scenic Drive with Bruce ★ 7:00 MT Movie of the Night	7 9:45 B Exercise with Randal Group 🌿 10:30 B Trivia Q's and A's 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 B TED Talks 🌿 7:00 MT Movie of the Night	8 9:45 B Exercise with Randal Group 🌿 10:30 B Scrabble Slam 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 3:00 B Taboo Game 🌿 7:00 MT Movie of the Night	9 9:45 B Exercise with Randal Group 🌿 10:30 B Trivial Pursuit with Terry 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:00 B Bingo! 🌿 3:30 TH Activity Planning Meeting 🌿 7:00 MT Movie of the Night	10 9:45 B Exercise with Randal Group 🌿 10:30 TH Jeopardy 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:30 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	11 9:45 B Exercise with Randal Group 🌿 10:30 B Scattergories 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 3:15 MT TV Series Show: Agatha Christie's Marple 7:00 MT Movie of the Night	12 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 7:00 MT Movie of the Night
13 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🌿 1:30 MT Movie of the Day 1:30 Scenic Drive with Bruce ★ 7:00 MT Movie of the Night	14 9:45 B Exercise with Randal Group 🌿 10:30 B Trivia Q's and A's 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 B TED Talks 🌿 7:00 MT Movie of the Night	15 9:45 B Exercise with Randal Group 🌿 10:30 B "20 Questions" Game 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 2:00 B Resident Council Meeting 🌿 3:00 B Taboo Game 🌿 7:00 MT Movie of the Night	16 9:45 B Exercise with Randal Group 🌿 10:30 B Trivial Pursuit with Terry 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:00 B Bingo! 🌿 3:30 TH Adventures with Doug! 7:00 MT Movie of the Night	17 9:45 B Exercise with Randal Group 🌿 10:30 TH Jeopardy 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:30 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	18 9:45 B Exercise with Randal Group 🌿 10:30 B Scattergories 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 3:15 MT TV Series Show: Agatha Christie's Marple 7:00 MT Movie of the Night	19 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 7:00 MT Movie of the Night
20 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🌿 1:30 MT Movie of the Day 1:30 Scenic Drive with Bruce ★ 7:00 MT Movie of the Night	21 9:45 B Exercise with Randal Group 🌿 10:30 B Trivia Q's and A's 🌿 12:30 Pool with the Pool Sharks 🌿 1:00 MT Monday Musical Matinee 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 B TED Talks 🌿 7:00 MT Movie of the Night	22 9:45 B Exercise with Randal Group 🌿 12:00 B "Scrabble Slam" Game 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 3:00 B Taboo Game 🌿 7:00 MT Movie of the Night	23 9:45 B Exercise with Randal Group 🌿 10:30 B Trivial Pursuit with Terry 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:00 B Bingo! 🌿 7:00 MT Movie of the Night	24 9:45 B Exercise with Randal Group 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:30 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	25 9:45 B Exercise with Randal Group 🌿 10:30 B Scattergories 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B Poker Card Game 🌿 3:15 MT TV Series Show: Agatha Christie's Marple 7:00 MT Movie of the Night	26 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 7:00 MT Movie of the Night
27 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🌿 1:30 MT Movie of the Day 1:30 Scenic Drive with Bruce ★ 7:00 MT Movie of the Night	28 9:45 B Exercise with Randal Group 🌿 10:30 B Trivia Q's and A's 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 B TED Talks 🌿 7:00 MT Movie of the Night	29 9:45 B Exercise with Randal Group 🌿 10:30 B "20 Questions" Game 🌿 1:30 MT Movie of the Day 2:00 TH New Resident Welcome Mixer 🌿 2:00 B Poker Card Game 🌿 3:00 B Taboo Game 🌿 7:00 MT Movie of the Night	30 9:45 B Exercise with Randal Group 🌿 10:30 B Trivial Pursuit with Terry 🌿 12:30 Pool with the Pool Sharks 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:00 B Bingo! 🌿 7:00 MT Movie of the Night			

Circle of
Friends & Neighborhood



We have had a memorable month of August here at COF, first by celebrating Norma's, and my (Gina), Birthday! We have added more fun this summer with Ice Cream Sundaes, Inventions Day, & Exercise Every-Day-Funday! Residents belted out in a sing-along with our admired friend, Katie, & we all enjoyed the film, *Shall We Dance*, a little too much. But it isn't just all games here: we also had fun savoring some ancient history and learning about the culture of the Mayans & the Aztecs, as well as looking back on the origin of Mexico City. Finally, we engaged in a deep discussion regarding the purpose of life on Earth. In conclusion, we all agreed that the secret to a long, happy life is the ability to form close relationships with great friends, just like the ones we see every day at Belmont Village. Stay tuned for more next month! *Gina K—Enrichment Leader*

How about that weather, eh? It's been blazing hot, and while some of us have been enjoying the summer sunshine, some of us have been melting! That's definitely been the case here in the Neighborhood! We all have been clamoring to get our daily dose of natural vitamin D, but as soon as we step out into the beaming, burning sun, we go running (briskly walking) to the nearest shade or try to get back inside ASAP. The Neighborhood, however, has been enjoying a lot of fun times in August. As we mentioned before, we've allowed these COVID restrictions to spur our creativity in what sorts of activities we can do to have fun and enjoy! We've done a number of fun origami figures; it is still a thrill to learn just what amazing things can unfold from a single piece of square paper. Lately, we've made some origami walrus...

er... walri? We've also incorporated a lot more music into our exercise routines, thanks to our lovely Enrichment Leader, Michelle! She's really honed in on helping us learn just how much of a workout one can get from dancing along to music! Who knew how much muscle work went into dancing?! We've also resumed having some Spelling Bees and Math Decathlons in the Neighborhood, with some new first-time Champions! Congratulations to Ann R. and Bob H. for capturing their first Spelling Bee and Math Decathlon championships! Can they retain their titles? Or will other newcomers arise and take the gold? All we know is that they spell DOOM for anyone who tries to cross their paths. Happy September, folks! - *Ryan E., Enrichment Leader*

FROM DRCS MARINA BONILLA



Thanksgiving leftovers are a distant memory, and December’s extra travel, shopping and family commitments are already straining nerves, budgets and immune systems. It’s officially “the holidays”—which also means we’re well into a new flu season.

It’s never too late to benefit from a flu shot, even into December and January, says Dr. William Schaffner, an infectious disease specialist at Vanderbilt School of Medicine in Nashville.

“Giving influenza vaccine to people with heart disease, for example, is as important as giving them a statin,” Schaffner says, yet many people living with chronic illness—and even many of their health care providers—don’t realize how vital flu vaccination is to managing their condition.

In older adults, the flu shot prevents the loss of quality of life that can result from influenza complications, Dr. LJ Tan says. That protection is also

important for people with chronic conditions beyond heart disease, such as diabetes, asthma, and lung or liver disease. Doctors say flu shots are also indicated for patients with suppressed immune systems and for most people who have an autoimmune condition.

Can getting the flu vaccine give you the flu or make you sick?

Fact: The flu shot can’t give you the flu.

It’s not biologically possible to catch an illness from the inactivated vaccine, and even the weakened live virus in the nasal vaccine cannot cause the flu. Anyone who gets sick after the flu shot caught the bug either just before or after getting vaccinated. It only takes two to five days to incubate a flu virus but two weeks for the vaccine to start working, so if you catch the flu in the waiting room, you still could fall ill even though you got the vaccine that day. That said, some people may feel under the weather from side effects of the flu shot, such as a headache, nausea, low fever or similar symptoms. These are normal responses to the vaccine in some people because they are normal responses from an immune system fighting a pathogen.

Continued....

Aren’t deaths from the flu exaggerated?

Fact: Deaths from influenza range from a few thousand to tens of thousands every U.S. flu season.

The number of flu deaths varies wildly from one year to the next depending on the dominant strains (H3N2 is usually the deadliest). But the total U.S. deaths are always in the thousands, ranging from 3,349 deaths in 1986-87 to a high of 48,614 deaths in 2003-04, according to a 2010 study by the CDC. People usually die from complications of the flu—especially pneumonia—rather than the flu itself, but wouldn’t have died if they hadn’t caught the flu.

IS IT A COLD OR THE FLU ?



BELMONT VILLAGE SCENE



Katie sings one of her favorite songs, "My Way," by Frank Sinatra.



Our residents show off their beautiful greeting cards!



Ensuring employees & residents receive extra love while celebrating quarantine Birthdays!



Our Circle of Friends residents enjoy a creative activity!



Residents are excited about our new activity, Poker!



BELMONT *Village*

SENIOR LIVING

BURBANK

455 E Angeleno Avenue
Burbank, CA 91501

RCFE Lic. 197608468

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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