

THE VILLAGE NEWS



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

OCTOBER 2020



FROM EXECUTIVE DIRECTOR, CHRIS

Going into October, I would like to take a moment and reflect on how strong we have been as a community while we have been faced with COVID-19. September was not an easy month for any of us and it truly has taken everyone's patience, understanding, and strength to keep moving forward in its shadow. As a community we have pulled together to support, encourage, and cheer each other on through this experience. We have been so grateful to have received messages of love and support for the staff and residents. Thank you to everyone for those as they have meant so much.

For many of us this has been an experience unlike anything we have navigated before. Regina and the activity team have done a great job in trying to bring us some sense of normalcy over the past month. She has modified her daily

activities in a way that allows her to drop by and quickly chat with the residents. Thank you Regina for everything you are doing!

As we look into October we continue to focus on the health and safety of the community... with some fun thrown in! We are currently planning for some COVID pre-cautioned Halloween fun. We will be working on adapting our normal Halloween festivities to make it safe and enjoyable for everyone to take part in. Chef Lester and Regina are coming up with some spooky treats and other fun activities to enjoy.

I am also very excited to announce that on Sunday, October 4th Reverend Purdy will be hosting a Virtual Blessing of the animals. In years past we have had a huge turnout! If you have any four legged friends who would like to receive a blessing or would like to just see some cute pets, reach out to Michelle Sucillon, our very own Community relations associate for the Zoom link.

We are looking forward to October here and hope you are too. Together we can make it a truly great month.

- Chris, Executive Director

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Michelle Sucillon

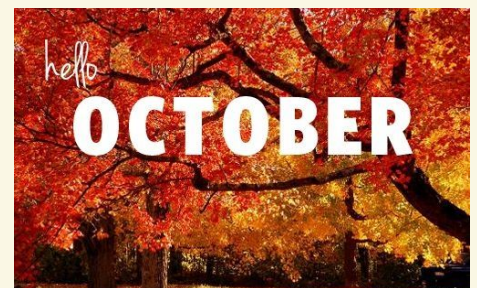
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Grace Jones

Community Relations
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Regina Benedicto

Activity Programs Coordinator
(818) 972-2405 ext. 104
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HAPPY BIRTHDAY RESIDENTS!

Marlise A.,	October 1
Joyce M.,	October 1
Louise S.,	October 4
Donald K.,	October 5
Joann G.,	October 7
Teresa "Terry" C.,	October 9
Iraida C.,	October 9
Joan D.,	October 14
Forrest B.,	October 16
Eve S.,	October 19
Charles "Chuck" K.,	October 26
Giada (Marie) B.,	October 28

HAPPY BIRTHDAY EMPLOYEES!

Clarice M.,	October 1
Judith H.,	October 1
Amanda C.,	October 3
Jeanne L.,	October 13
Mariela M.,	October 15
Michelle S.,	October 15
Maria R.,	October 15
Hazel SM.,	October 21
Elizabeth C.,	October 22
Maria M.,	October 22
Clarissa A.,	October 23
Leslie H.,	October 23
Victoria S.,	October 28
Walter N.,	October 30

EXTRA MILE: MARITESS W.



Congratulations, Maritess W., on becoming the Extra Mile recipient for October 2020. Maritess is one of our many PALS who has worked in the Neighborhood for many years. She has gone above and beyond by picking up extra shifts as well as helping and guiding our new PALS in the Neighborhood. Thank you Maritess for all that you do for our Residents and making sure they are well taken care of!

EXTRA MILE: ERICA S.



Congratulations, Erica S., on becoming our other Extra Mile recipient for October 2020. Erica is one of our many PALS, whose versatility allows her to work each floor. She always comes to work with a positive attitude, which always brightens the community! She makes everyone around her laugh and does her job with a smile on her face. Thank you, Erica, for all your hard work!

EMPLOYEE OF THE MONTH: MAURICE M.



Congratulations, Maurice M., our Employee of the Month for October 2020! Maurice is our Building Engineer Assistant, whom you may have encountered fixing throughout our building. Maurice has performed extraordinarily especially during quarantine. He has helped with housekeeping, moving furniture and more! Thank you Maurice for all your hard work! The Burbank Community is blessed and grateful to have you!

A MODIFIED SPOOKTACULAR SOIREE!



Happy Halloween! This year Halloween will have to be modified to ensure everyone's safety and comply with LA County Department of Health policies. We will have a social distancing party with delicious and spooky treats made by our wonderful Kitchen Staff. Please keep on the lookout for future flyers!

Saturday, October 31

BLESSING OF THE ANIMALS



Join Reverend Purdy & the Belmont Village Burbank Community on October 4th, for A Virtual Blessing of the Animals. Please contact Michelle Sucillon for the Zoom Link!

Sunday, October 4th
msucillon@belmontvillage.com

NATIONAL ASSISTED LIVING WEEK

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week provides an opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors & individuals with disabilities. From September 13-19, 2020, Belmont Villages throughout the U.S. and Mexico celebrated our wonderful staff with fun treats & prizes!



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
						
4 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🍀 1:00 Scenic Drive with Bruce ★ 1:30 MT Movie of the Day 7:00 MT Movie of the Night	5 9:45 B Exercise with Randal 🍀 10:30 B Trivia Q's and A's 🍀 1:30 MT Movie of the Day 2:00 B Blackjack 🍀 3:00 B TED Talks 🍀 7:00 MT Movie of the Night	6 9:45 B Exercise with Randal 🍀 10:30 B "20 Questions" Game 🍀 1:30 MT Movie of the Day 2:00 B Chef's Chat with Chef Lester 🍀 2:00 B Poker Card Game 🍀 3:00 B Taboo Game 🍀 7:00 MT Movie of the Night	7 9:45 B Exercise with Randal 🍀 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	8 9:45 B Exercise with Randal 🍀 10:30 B 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	9 9:45 B Exercise with Randal 🍀 10:30 B Scattergories 🍀 12:00 B Poker Card Game 🍀 1:30 MT Movie of the Day 3:15 MT TV Series Show: Agatha Christie's Marple 🍀 7:00 MT Movie of the Night	10 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
11 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🍀 1:00 Scenic Drive with Bruce ★ 1:30 MT Movie of the Day 7:00 MT Movie of the Night	12 Columbus Day 9:45 B Exercise with Randal 🍀 10:30 B Trivia Q's and A's 🍀 1:30 MT Movie of the Day 2:00 B Blackjack 🍀 3:00 B TED Talks 🍀 7:00 MT Movie of the Night	13 9:45 B Exercise with Randal 🍀 10:30 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	14 9:45 B Exercise with Randal 🍀 10:30 B Trivial Pursuit with Terry 🍀 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	15 9:45 B Exercise with Randal 🍀 10:30 TH Jeopardy 🍀 10:30 B 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	16 9:45 B Exercise with Randal 🍀 10:30 B Scattergories 🍀 12:00 B Poker Card Game 🍀 1:30 MT Movie of the Day 3:15 MT TV Series Show: Agatha Christie's Marple 🍀 7:00 MT Movie of the Night	17 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
18 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🍀 1:00 Scenic Drive with Bruce ★ 1:30 MT Movie of the Day 7:00 MT Movie of the Night	19 9:45 B Exercise with Randal 🍀 10:30 B Trivia Q's and A's 🍀 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	20 9:45 B Exercise with Randal 🍀 10:30 B "20 Questions" 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	21 9:45 B Exercise with Randal 🍀 10:30 B Trivial Pursuit with Terry 🍀 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	22 9:45 B Exercise with Randal 🍀 10:30 B 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	23 9:45 B Exercise with Randal 🍀 10:30 B Scattergories 🍀 12:00 B Poker Card Game 🍀 1:30 MT Movie of the Day 3:15 MT TV Series Show: Agatha Christie's Marple 🍀 7:00 MT Movie of the Night	24 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
25 10:00 Cathedral of Our Lady of the Angels Live Stream Mass 🍀 1:00 Scenic Drive with Bruce ★ 1:30 MT Movie of the Day 7:00 MT Movie of the Night	26 9:45 B Exercise with Randal 🍀 10:30 B Trivia Q's and A's 🍀 1:30 MT Movie of the Day 2:00 B Blackjack 🍀 3:00 B TED Talks 🍀 7:00 MT Movie of the Night	27 9:45 B Exercise with Randal 🍀 10:30 B "Scrabble Slam" 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	28 9:45 B Exercise with Randal 🍀 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	29 9:45 B Exercise with Randal 🍀 10:30 B 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	30 9:45 B Exercise with Randal 🍀 10:30 B Scattergories 🍀 12:00 B Poker Card Game 🍀 1:30 MT Movie of the Day 3:15 MT TV Series Show: Agatha Christie's Marple 🍀 7:00 MT Movie of the Night	31 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

Circle of **Friends & Neighborhood**



Hector C. stretches his legs focusing on his hamstrings, hips & gluteus maximus!



Don K. finishing his Dolphin puzzle!



Sandy celebrating her Birthday, Quarantine style!

CIRCLE OF FRIENDS OCTOBER

Despite being in quarantine, we are continuing our activities and exercise with each resident in their room. September was the month of “Traveling to China”. We explored the Chinese culture through a variety of activities. We learned to count to 10 and how to write the days of the week in Chinese language.

The Circle of Friends celebrated Labor Day with a special BBQ meal provided by our amazing Kitchen Staff. Our daily refreshment/snack cart is still visiting every room keeping our residents hydrated and full.

We are excited to see what October has in store for us! Please come back in October for more adventures with the Circle of Friends! **Thomas P. EL.**

Happy October my frightful readers!

This month of October surely brings about plenty of delightful spooks and frights (as if this year didn't already have enough). But September brought about a whole flurry of changes, not only for Belmont, but for the Neighborhood as well!

As of this writing, we have been a week well into quarantine. I'm sure, reader, you know how difficult it can be, but here in the Neighborhood, we are learning how to turn negatives into positives! We've begun making room-to-room competitions, with games like Spelling Bees, and Math Decathlons. As of this writing, Ann R. and Doris K. are our current champions, respectively. We mix different rewards (ie: ice cream and fruits) and penalties (ie: exercise) to vary up the

competition! In addition to the Daily Chronicle, we engage in a variety of discussions to explore current events and philosophies. In this way, we get to teach each other! For instance, Neighborhood residents have been teaching us different languages! (Can you recite the Greek alphabet?)

One on one activities have also allowed for more personalized goals; for example, Hector C. has been able to integrate dumbbells into his workout, as well as more fundamental moves like push-ups and squats!

We're exercising our way to fit into some nifty Halloween costumes, but have no fear reader! If you don't have a costume available, you've already got a mask for starters ;-)

Happy Halloween! *cue evil laughter*

-Ryan E., Enrichment Leader

FROM DRCS MARINA BONILLA



BREAST CANCER AWARENESS

In countries all over the world, October is marked as Breast Cancer Awareness month to help increase attention and support to the disease. As this time of the year rolls around, it is a great reminder to practice these preventative measures for cancer and in order to maintain good health:

- **Maintain a healthy weight:** The American Cancer Society recommends you stay at a healthy weight by balancing your food intake and physical activity. A large increase in weight gain post-menopause is linked with a higher risk of breast cancer.
- **Be physically active:** Regular exercise can lower the risk of breast cancer, such as going on a walk every day or taking a dance class with friends.
- **Eat your fruits & vegetables** – and avoid too much alcohol: A healthy diet can help lower the risk of breast

cancer. Try to eat a lot of fruits and vegetables and keep alcohol at moderate levels or lower.

- **Don't smoke:** Smokers and non-smokers alike know how unhealthy smoking is.

Smoking can lower quality of life and increase the risk of heart disease, stroke, and at least 15 cancers – including breast cancer.

Although there are a few preventative measures you can take, it is always a good idea to go in for a screening yearly. For those over the age of 55, mammograms are recommended at least every other year, but you can choose to be screened yearly. Take time this month to be aware, support the cause, and get informed!

FACTS

- In the US, 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- The most significant risk factors for breast cancer are being female and aging.
- Breast cancer deaths have been declining since 1990 thanks to early detection, better screening, increased awareness, and new treatment options.
- Breast cancer is the second leading cause of cancer death among women in the US and the first leading cause of cancer death among women globally.

HAPPY RESIDENCY ANNIVERSARY!



One Year Ago, October 2019

Walter B.
Patricia K.
Beto K.
Cecilia K.
Nicolo (Nino) O.
Suzuko W.
Hector C.

Three Years Ago, October 2017

Marilyn J.
Norma T.

Four Years Ago, October 2016

Carole L.
Charles P.

Five Years Ago, October 2015

Erika P.

Six Years Ago, October 2014

Janet T.



BELMONT VILLAGE SCENE



I Scream, You Scream, We All Scream for Ice Cream!



Our Residents enjoying Wine Tasting accompanied by cheese & crackers!



Barbara & Montie enjoying Banana Splits Day!



Janet showing off her silly cat mask!



Sally Jo & Katie enjoying their ice cream sundae treats!



Bruce H. & Regina B. handing out juice & snacks!

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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