

# THE VILLAGE NEWS



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

NOVEMBER 2020

## FROM EXECUTIVE DIRECTOR, CHRIS



Where has the year gone?! As we head into November, I have pondered what the upcoming holidays and activities will look like for the remainder of the year. One of the many things we have learned this year is that our plans are constantly changing as we respond to COVID-19. At this point in time with the precautions that have been set, our holiday plans will need to look a little different than years past.

Unfortunately, we are not able to host large gatherings here in the community for meals or our holiday parties. On the major holidays, we will open up two additional visiting zones so we can help accommodate more visits for everyone. We will be offering our Zoom and FaceTime series as well for any families who would like to do a holiday visit this way.

I know there will be a desire to take your loved one home for

a holiday celebration so I ask that if you do, please try your best to follow the recommendations of the county. If you are having a family gathering that your loved one will be attending, please try to keep it as small as possible and encourage participants to have a recent COVID-19 test. Masks should be worn at all times and social distancing is highly encouraged. If the weather permits, outdoors is always a good bet as well.

This holiday season will be very different from those of years past. This year many of us will be seeing less of those we love and care about on those special days. It is important to remember that it is not just ourselves that are feeling that loss but in fact it's our friends, neighbors, colleagues, and families who are feeling the same. We are all in this together and as a result anything we do (or do not do), we are not alone in it.

I hope that everyone has a safe and happy start to the holiday season. Please let us know if there is anything special we can do for your loved one to make it a memorable season. Happy Thanksgiving to our Belmont Family!

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# Happy Birthday

## HAPPY BIRTHDAY RESIDENTS!

David N.,	November 1
Ad M.,	November 4
Marilyn J.,	November 12
Sally Jo E.,	November 13
Norma T.,	November 14
Elizabeth P.,	November 16
Janet T.,	November 19
Margaret R.,	November 22
Norton F.,	November 23
Ilona "Anita" P.,	November 27



## HAPPY BIRTHDAY EMPLOYEES!

Dayana V.,	November 3
Minerva D.,	November 8
Astrid M.,	November 21
Catherine H.,	November 25
Marine B.,	November 27

## EXTRA MILE: SARA M.



Congratulations, Sara M., on becoming the Extra Mile recipient for November 2020. Sara is a versatile worker; you can see her working in the front desk as a Concierge or working in Josephine's Kitchen as a Server. She's a hard worker & a great team player! She's quick-witted & knows how to handle a difficult situation. Her bubbly & kind personality is a huge reason residents love her! Thank you Sara!

## EXTRA MILE: IGNACIO M.



Congratulations, Ignacio M., on becoming our other Extra Mile recipient for November 2020. Ignacio is one of the newest members in the Kitchen staff working as our dishwasher and our server! He is a quick-learner and is able to adapt into any position. He has a great attitude every work shift and is a hard worker. Thank you Ignacio!



## EMPLOYEE OF THE MONTH: ELIZABETH C.

Congratulations, Elizabeth C., our Employee of the Month for November 2020! Lizzie is one of our many LVN Nurses here at Belmont Village. She is proactive on the floor and effectively communicates with our PALS & staff. She practices with a strong passion for resident advocacy, is reliable and works well under pressure. She is a goofball seen in the photo and always knows how to brighten the spirits of all our residents! Thank you Lizzie!

## HAPPY THANKSGIVING



Eat, Drink, & Give Thanks! Happy Thanksgiving to all our Residents & Families! Residents, we will be having a Thanksgiving Celebration here at Belmont Village. Come down to Josephine's Kitchen for a delicious traditional Thanksgiving meal made by Chef Lester and his amazing Kitchen staff!

**Thursday, November 26th**  
**Josephine's Kitchen**  
**10:45am-----**

## VETERANS DAY 2020



On Veterans Day we celebrate & honor America's veterans for their patriotism, sacrifice & willingness to serve. Please join us to acknowledge and thank our veterans here at Belmont Village Burbank during our Veterans Day Recognition Service.

**Wednesday, November 11th**  
**3:30pm in the Great Room**

## CRYSTAL TROPHY AWARD WINNERS!

Congratulations to Belmont Village - Burbank for winning first place in the company-wide model apartment contest!

Here are a few pictures of the beautiful apartment that made Burbank stand-out! Congratulations Grace & Michelle!



## 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

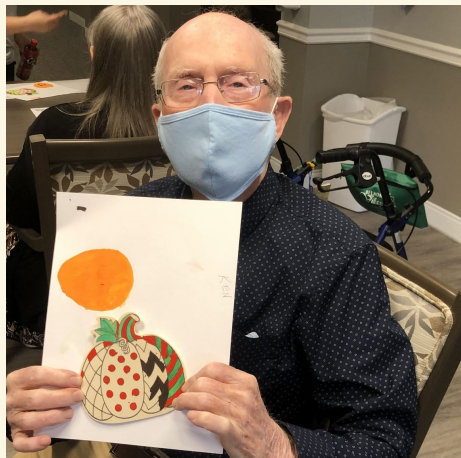
Transportation to Local Places of Worship  
8:30am – 12:30pm  
Scenic Drive  
1:00pm

**Please sign up with Concierge.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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	2 9:45 B Exercise with Randal 🌿 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	3 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	4 9:45 B Exercise with Randal 🌿 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	5 9:45 B Exercise with Randal 🌿 10:30 B Jeopardy 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	6 9:45 B Exercise with Randal 🌿 10:30 B Scattergories 🌿 1:30 MT Movie of the Day 2:00 B UNO 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	7 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B Bingo! 🌿 7:00 MT Movie of the Night
8 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	9 9:45 B Exercise with Randal 🌿 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	10 9:45 B Exercise with Randal 🌿 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	11 Veterans Day 9:45 B Exercise with Randal 🌿 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	12 9:45 B Exercise with Randal 🌿 10:30 B Jeopardy 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	13 9:45 B Exercise with Randal 🌿 10:30 B Scattergories 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:15 MT TV Series Show: Agatha Christie's Marple 🌿 7:00 MT Movie of the Night	14 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B Bingo! 🌿 7:00 MT Movie of the Night
15 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	16 9:45 B Exercise with Randal 🌿 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	17 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	18 9:45 B Exercise with Randal 🌿 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	19 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 🌿 3:00 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	20 9:45 B Exercise with Randal 🌿 10:30 B Scattergories 🌿 1:30 MT Movie of the Day 2:00 B UNO Card Game 🌿 3:15 MT TV Series Show: Agatha Christie's Marple 🌿 7:00 MT Movie of the Night	21 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B Bingo! 🌿 7:00 MT Movie of the Night
22 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	23 9:45 B Exercise with Randal 🌿 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	24 9:45 B Exercise with Randal 🌿 10:30 B Scrabble Slam 🌿 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	25 9:45 B Exercise with Randal 🌿 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	26 Thanksgiving 9:45 B Exercise with Randal 🌿 10:30 B Jeopardy 🌿 1:30 MT Movie of the Day 2:00 B Blackjack 🌿 3:00 GR Wine and Cheese Happy Hour 7:00 MT Movie of the Night	27 9:45 B Exercise with Randal 🌿 10:30 B Scattergories 🌿 1:30 MT Movie of the Day 3:15 MT TV Series Show: Agatha Christie's Marple 🌿 7:00 MT Movie of the Night	28 10:30 B Trivial Pursuit with Terry 🌿 1:30 MT Movie of the Day 2:00 B Bingo! 🌿 7:00 MT Movie of the Night
29 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	30 9:45 B Exercise with Randal 🌿 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					

# Memory Care



## CIRCLE OF FRIENDS NOVEMBER

Welcome to the FALL season, where the weather gets chillier & the leaves change color for everyone except Californians! In October, we started learning about Australia's diverse & exotic habitat. Autumn also brought in new seasonal art projects, where everyone got to show off their drawing skills. We decorated pumpkins & got ready for October 31st with spooky Halloween costumes. We had a lot of fun when all our COF friends took a big wild guess at how much the huge pumpkin in the lobby weighed! Tempted by the big price tag (shh it's a secret) everyone took their turns holding & probing it. Stay tuned because the winner will be announced at the end of the month. Until then, we will continue on with our adventures and fill you in next month! -*EL - Gina Freeman*



## Neighborhood News

The month of October really just blew right past us, didn't it? It's supposed to be a spooky month, but really it's been a pretty spooky year just having to be reminded to keep our masks on even when it isn't Halloween, amirite? But regardless of the fun costumes and hooplah, the Neighborhood found great ways to keep things moving! Have you ever woken up unable to realize what day it is? Same here. Well, the Neighborhood found different ways to solve this problem. We learned a lot about context clues and resourcefulness. So a lot of us were able to specify the date based on different environmental clues like decorations! Look around you,

dear reader. Do the decorations around you speak to what month, day, or year we are in?

In transitioning from quarantine back to out-of-room activities, we've found more creative activities that really brought out the best in folks. Doris K. found she was able to name all 50 states of America in under 30 minutes (how many can you name?!). Peter P. has really stepped up his gains; this champ has been able to knock out 100 squats in under 10 minutes! He, along with others have only shown great improvement ever since. Many of us have also been stepping up with arts and crafts to help bring out the Halloween spirit in the Neighborhood!

Here's a special shout out to Ann R. and Flo G. for being our current Spelling Bee and Math Decathlon Champions! - *Ryan E., Enrichment Leader*

## FROM DRCS MARINA BONILLA



## DON'T LET THE FLU SNEAK UP ON YOU!

Flu is a contagious respiratory illness caused by Influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illnesses, and at times can lead to death.

The best way to prevent flu is by getting a FLU Vaccine each year.

Flu is different from a cold, as it usually comes on suddenly. Flu symptoms are as follows: fever or feeling feverish/chills, cough, sore throat, runny/ stuffy nose, muscle or body aches, headaches, fatigue, vomiting, and diarrhea.

Flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze, or talk. People with flu can spread it to others up to about 6 feet away. These droplets can land in mouth and noses of people who are nearby. A person can also get flu by touching a surface, or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

People with flu are most contagious in the first 3-4 days after their illness begins. Some adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. We can prevent flu by getting vaccinated. It is also recommended to stay away from people who are sick, covering coughs and sneezes, frequent hand washing and/or using sanitizers.

## SENIOR FITNESS TEST WITH RANDAL



The Senior Fitness Test is an evidence based test that will be used to help you determine your strengths and discover what you can improve upon. This test will take 20-30 minutes to perform and covers components of fitness such as balance, strength, cardiovascular endurance, flexibility, etc. Your scores from these tests will be plugged into a private online database, from which the results will drive an action plan recommended to you by our wellness coordinator.

## AGING CARE: NON-CONTACT WHEELCHAIR TUNE-UP CLINIC & SANITIZING.



- Power Wheelchair/Scooter/Walkers Assessment/Adjustment
- Medicare Equipment Benefits Update

Medicare/Medi-Cal wants your equipment to be in good working order to keep you safe. *If you have a walker or rollator walker, we will also make safety adjustments.*

November 12th at 10:30am.  
Located OUTSIDE the Lobby  
Please Sign-up in the Concierge.

## NATIONAL ALZHEIMER'S DISEASE MONTH

National Alzheimer's Disease Month, reminds us that over 5 million Americans suffer. Alzheimer's Disease, a form of dementia, impacts memory, thinking, & behavior. AD ranks as the sixth leading cause of death in the U.S. and the most common form of dementia in 60-80% of all diagnosed cases.

# BELMONT VILLAGE SCENE



*Our Circle of Friends residents enjoying their Halloween arts & crafts activities*



*Residents playing Trivial Pursuit led by Terry practicing social distancing!*



*Residents Chuck & Renee enjoying their Wine & Cheese Happy Hour!*



*Lilian celebrating Rosh Hashanah by enjoying her apples & honey!*



*Our Wellness Coordinator, Randal, continuing to teach our exercise class & Yoga!*



*New Resident Kyra & Lee enjoying our beautiful Fall Decorations!*

## 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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