

# THE VILLAGE NEWS

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



AUGUST 2020



## FROM THE DESK OF

### BRAIN BENDER: IN A JAM

At the local fair, Helen, Barbara, Maisie and Alice each won a prize for their homemade jams: first place, second place, third place, and honorable mention. Using the clues below, can you determine who made each jam and what prize they won?

- Each friend made a different kind of jam: strawberry, blackberry, raspberry, and apricot.
- The raspberry jam earned an honorable mention.
- Out of all the friends, Helen did not place first or last.
- Barbara did not make a red jam.
- Alice did not win first place, but she placed higher than the person who made the apricot jam.

*(Answer: Barbara's blackberry jam won first place. Alice's strawberry jam won second place. Helen's apricot jam won third place. Maisie's raspberry jam earned an honorable mention.)*

### A-MAIZING SWEET CORN

Sweet corn on the cob, with a dab of butter and a sprinkle of salt, is one of the classic tastes of summertime.

Corn was first cultivated by native peoples in what is now Mexico around 7,000 years ago. The grain was a staple in the diets of Native Americans, who bred different varieties and later taught European settlers to grow the crop.

Harvested while the ears are still immature, sweet corn accounts for only 1% of U.S. corn production. The rest is field corn, picked when the kernels are mature and dry, which is used primarily in livestock feed, ethanol and processed foods such as cereal and corn syrup.

Though it is technically a whole grain, sweet corn is eaten around the world as a vegetable. Its tender yellow or white kernels are high in fiber. Sold fresh, canned and frozen, the versatile veggie is enjoyed on the cob and off. Sweet corn kernels are often used as an ingredient in salads, soups, casseroles and many Tex-Mex dishes.

Sweet corn consistently ranks as one of the top vegetable picks among U.S. consumers.



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## A TASTE OF SUMMER

Grilled burgers, garden-fresh tomatoes or a scoop of ice cream ... nearly everyone has a menu of foods they enjoy when the temperature soars. Sink your teeth into a discussion about summertime eats.

- What were your favorite summer foods when you were growing up? Are they still your top picks?
- Did you ever have a garden, or know someone who shared their garden bounty with you? What homegrown goodies do you think are the tastiest?
- For many people, grilled food is synonymous with summer. What meats or vegetables do you enjoy fresh off the grill? Have you tried something more unusual, for example, grilled fruits or pizza?
- Do you like eating salads in the summertime? Which do you prefer: veggie salads, fruit salads or pasta salads? Why?
- Talk about your favorite frozen treats, such as ice cream or ice pops. What flavors or toppings do you like? Do you have a favorite ice cream parlor?
- Refreshing drinks are a warm-weather staple. Do you enjoy iced tea, lemonade or cold sodas?
- When was the last time you went on a picnic? What did you eat and drink?

## REMEMBER WHEN: SLIP 'N SLIDE

For instant summertime fun, just add water! That was the premise of the Slip 'n Slide, which toy company Wham-O rolled out in 1961. The instant backyard water slide was invented by Robert Carrier, who got the idea after watching his 10-year-old son and his friends doing belly flops on a driveway made slick by the water from a running hose. Wham-O loved Carrier's creation and boxed up a bright yellow 30-foot-long sheet of plastic that attached to a garden hose, selling over 30 million since its debut.

## SHINE A LIGHT

National Lighthouse Day, Aug. 7, shines the spotlight on the more than 700 beacons on America's shorelines.

## WILD WORLD: WHIP-POOR-WILL

This woodland bird is named for its familiar call, which sounds like its name and is heard on summer nights throughout the eastern half of North America. In one evening, a single whip-poor-will may cry out hundreds of times; the longest on record is 1,088 "whip-poor-wills" in a row. Though often heard, these small birds are seldom seen, since their mottled brown, black and white feathers blend in perfectly with dry leaves on the forest floor, where they sleep and lay their eggs. Because whip-poor-wills eat night-flying insects such as mosquitoes and moths, their young are timed to hatch about 10 days before a full moon, so the parents can use the celestial light to find food more easily.

AUGUST IS

national  
**IMMUNIZATION**  
awareness month





## HEALTH & WELLNESS

### HYDRATE FOR HEART HEALTH

Blood is 80 percent water, so if you're dehydrated, your heart must work harder, raising your risk of a heart attack. Staying hydrated is vital for seniors, because the body's thirst response diminishes with age. Seniors also are more likely to be taking medications that deplete the body's fluids. Here are some tips for getting enough liquids:

*Drink (and eat) your water.* Tufts University researchers recommend at least eight 6-ounce servings of liquid a day. This can come from a variety of sources: water, juice, milk, coffee, tea and low-sodium soup. Fruits and vegetables are high in water, too.

*Avoid energy drinks.* They may contain stimulants that can be dangerous to someone with high blood pressure or heart disease.

*The 70/70 rule.* According to the American Heart Association, when both the temperature and the humidity are above 70 you enter the dehydration danger zone, so drink more.

### NEED A SHOT IN THE ARM?

Immunizations aren't just for children and pets. Adults need tetanus and diphtheria boosters every 10 years throughout adulthood. It is estimated that 53 percent of Americans over age 20 are not protected against these potentially fatal infectious diseases. A tetanus infection is caused by bacteria, and it can enter the body through any wound, even minor cuts and scrapes. Diphtheria is spread from person to person and is caused by bacteria. Take this reminder during August's National Immunization Month to protect yourself by keeping your immunizations up-to-date.



### SIP A DARK ROAST

Drinking coffee has been linked to better brain health, and recent studies reveal that darker roasts may contain the most protective compounds.

### POSITIVE THOUGHT

"Be healthy and take care of yourself, but be happy with the beautiful things that make you, you." —Beyoncé

## Save the Date



### FAMOUS FACES BORN IN AUGUST

- Aug. 1, 1953: Robert Cray
- Aug. 4, 1983: Greta Gerwig
- Aug. 11, 1925: Arlene Dahl
- Aug. 16, 1953: Kathie Lee Gifford
- Aug. 21, 1986: Usain Bolt
- Aug. 24, 1972: Ava DuVernay
- Aug. 26, 1980: Chris Pine
- Aug. 31, 1945: Itzhak Perlman

### REMEMBER WHEN: SAF-T-POPS

"Play safe!" exclaimed the packages of the first Saf-T-Pops, the lollipops with flexible looped handles. Invented in the early 1940s, the fruity hard candy pops didn't have the usual stick handles and were touted as safer, even getting the nickname the "doctor's pop." For many years, it was common for businesses to offer the treats as freebies for kids.

### DOUBLE THE HYDRATION

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H<sub>2</sub>O can help you stay better hydrated.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>ALSO ON THE 24TH &amp; 31ST</b> 3:00 <b>TH</b> Blackjack in Town Hall 7:00 <b>MT</b> Monday Night Movie					9:30 <b>TH</b> Sit and Be Fit 1:30 <b>BO</b> Bingo in the Bistro!! 2:00 <b>MT</b> Matinee Showing of Daily Movie 2:30 <b>BO</b> Rummikub 3:00 <b>GR</b> Music by the Fireplace 7:00 <b>MT</b> Saturday Night at the Movies
2	3	4	5	6	7	8
10:30 <b>TH</b> Funtastic Fitness 1:30 <b>MT</b> Sunday Lecture Series with Pam! 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:30 <b>GR</b> Sunday Entertainment with Neil Dorval 7:00 <b>MT</b> Sunday Night Documentary Series	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 2:00 <b>PL</b> Aquasize with Marg 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:00 <b>TH</b> Blackjack in Town Hall 7:00 <b>MT</b> Monday Night Movie	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 10:30 <b>TH</b> Technology Help 10:30 <b>BO</b> Therapeutic Coloring 1:30 <b>MT</b> Wellness with Pam: Healthy Topics 2:00 <b>PL</b> Aqua Fit with Katie 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:00 <b>TH</b> Better Balance with Jenny! 4:00 <b>TH</b> Cultivations: Bible Study with Clarence 4:00 <b>BO</b> Rummikub 7:00 <b>MT</b> Tuesday Night Movie	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>TH</b> Balance Class with RehabCare 10:00 <b>GR</b> Morning Walk with Andre 1:30 <b>PL</b> Aquafit with Katie 1:30 <b>TH</b> Spanish Class! 2:00 <b>MT</b> Matinee Showing of Daily Movie 7:00 <b>MT</b> Wednesday Night Movie	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 10:30 <b>MT</b> Meditation and Relaxation Guided by UCLA 1:30 <b>TH</b> Chair Yoga with Jenny 2:00 <b>MT</b> Matinee Showing of Daily Movie 2:00 <b>PL</b> Pool open 2:30 <b>3P</b> Weekly Card Games 3:30 <b>GR</b> Happy Hour with Maximo Mancuso 7:00 <b>MT</b> Thursday Night Movies	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 10:30 <b>TH</b> Wii Sports! 2:00 <b>PL</b> Aquasize with Marg 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:00 <b>BO</b> Game Day: Poker 4:00 <b>TH</b> Shabbat Services 7:00 <b>MT</b> Meet Me at the Movies	9:30 <b>TH</b> Sit and Be Fit 1:30 <b>BO</b> Bingo in the Bistro!! 2:00 <b>MT</b> Matinee Showing of Daily Movie 2:30 <b>BO</b> Rummikub 3:00 <b>GR</b> Music by the Fireplace 7:00 <b>MT</b> Saturday Night at the Movies
9	10	11	12	13	14	15
10:30 <b>TH</b> Funtastic Fitness 1:30 <b>MT</b> Sunday Lecture Series with Pam! 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:30 <b>GR</b> Sunday Entertainment with Neil Dorval 7:00 <b>MT</b> Sunday Night Documentary Series	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 10:30 <b>BO</b> Brain Exercise with Andre 2:00 <b>PL</b> Aquasize with Marg 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:00 <b>TH</b> Blackjack in Town Hall 7:00 <b>MT</b> Monday Night Movie	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 10:30 <b>TH</b> Technology Help 1:30 <b>MT</b> Wellness with Pam: Healthy Topics 2:00 <b>TH</b> Activity Planning Meeting 2:00 <b>PL</b> Aqua Fit with Katie 2:00 <b>MT</b> Matinee Showing of Daily Movie 3:00 <b>TH</b> Better Balance with Jenny! 4:00 <b>TH</b> Cultivations: Bible Study with Clarence 4:00 <b>BO</b> Rummikub 7:00 <b>MT</b> Tuesday Night Movie	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>TH</b> Balance Class with RehabCare 10:00 <b>GR</b> Morning Walk with Andre 1:00 <b>GR</b> Outing to The Autry Museum of the Great West 1:30 <b>PL</b> Aquafit with Katie 1:30 <b>TH</b> Spanish Class! 2:00 <b>MT</b> Matinee Showing of Daily Movie 7:00 <b>MT</b> Wednesday Night Movie	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 10:30 <b>MT</b> Meditation and Relaxation Guided by UCLA 1:30 <b>TH</b> Chair Yoga with Jenny 2:00 <b>MT</b> Matinee Showing of Daily Movie 2:00 <b>PL</b> Pool open 2:30 <b>TH</b> Hot Topic 2:30 <b>3P</b> Weekly Card Games 3:30 <b>GR</b> Happy Happy with Maximo Mancuso 7:00 <b>MT</b> Thursday Night Movies	9:30 <b>TH</b> Sit and Be Fit 10:00 <b>GR</b> Morning Walk with Andre 2:00 <b>PL</b> Aquasize with Marg 2:00 <b>MT</b> Matinee Showing of Daily Movie 4:00 <b>TH</b> Shabbat Services 7:00 <b>MT</b> Meet Me at the Movies	9:30 <b>TH</b> Sit and Be Fit 11:00 <b>TH</b> Canvas Painting Event 1:30 <b>BO</b> Bingo in the Bistro!! 2:00 <b>MT</b> Matinee Showing of Daily Movie 2:30 <b>BO</b> Rummikub 3:00 <b>GR</b> Music by the Fireplace 7:00 <b>MT</b> Saturday Night at the Movies
16	17	18	19	20	21	22
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23	24	25	26	27	28	29
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30	31					
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## WAYS TO DRINK MORE WATER

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

*Make it part of your daily routine.*

Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

*Pick a cup and fill 'er up!* An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

*Sip through a straw.* Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

*Adjust the temp.* Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.



## V-J DAY

It's been 75 years since Japan surrendered to the Allies in World War II. U.S. President Harry S. Truman announced the news on the evening of Aug. 14, 1945, and the six-year war formally ended on Sept. 2. Both dates have come to be known as Victory Over Japan Day, or V-J Day.

## A FIGURE OF SPEECH

*Phrase:* Lion's share

*Meaning:* The largest portion

*Origin:* This descriptive expression comes from one of Aesop's fables, in which a lion goes hunting with several other animals. At the end of the hunt, the lion claims all of the prey for himself, since he's king of the beasts and more powerful than the rest. Over time, the phrase "lion's share" came to mean the biggest and/or best part of something.

## TRANSPORTATION SCHEDULE

### MONDAY, TUESDAY AND THURSDAY

8:30 AM - 4:30 PM

Doctor Appointments

### WEDNESDAY

Assisted Living Outings

Doctors appointments

Afternoon Local Shopping as available

### FRIDAY

Circle of Friends Outing

### SATURDAY

AM Neighborhood Scenic Drive

Afternoon Local Shopping

### SUNDAY

8:30 am - 4:30 pm

Places of Worship

Afternoon Local Shopping.

## REVEL IN RELAXING

"Time you enjoy wasting is not wasted time." —Marthe Troly-Curtin

## HONORING GRIDIRON GREATS

Each August, Canton, Ohio, hosts a four-day festival for football legends and their fans. The city where the NFL was born is also the home of the Pro Football Hall of Fame, and since 1963, it honors the heroes of the game by inducting its newest class of Hall of Famers.

Four to eight enshrinees are elected each year. Fans can nominate any player, coach, team owner or other person who has contributed to pro football, but players and coaches must be retired from the sport for at least five years. A 48-person selection committee, made up mostly of sportswriters, reviews and votes on the nominations.

The enshrinement ceremony, held at a stadium next to the Hall of Fame, is the high point of the August celebration. Each inductee gives an acceptance speech to the thousands in attendance and the millions watching on live TV. Each legend is honored with a bronze bust, which will be permanently displayed in the Hall of Fame, a gold jacket and a ring.

Many previous enshrinees, called “returning Gold Jackets,” also take part in the events.

There are more than 300 members of the Pro Football Hall of Fame.

## SURF-INSPIRED SOUNDS

In the early '60s, American pop music was all about the sun, sand and surfing the waves. Cruise through your surf music memories by remembering these epic acts:

*The Beach Boys.* With classics such as “Surfin’ Safari,” “Surfer Girl” and “Surfin’ U.S.A.,” this still-beloved group defined the vocal surf music genre with its songs about cool cars, California girls and sunny vibes.

*Jan and Dean.* Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits “Surf City” and “The Little Old Lady From Pasadena.”

*Dick Dale and the Del-Tones.* Called “King of the Surf Guitar,” Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film “Beach Party” and is known for the tunes “Let’s Go Trippin’” and “Misirlou.”

*The Surfaris.* In 1962, a group of California teens recorded one of the best-known instrumental tracks of all time, “Wipe Out,” featuring a memorable guitar riff and drum solo.

## SOUNDS OF SUMMER

When you step outside during the summer, you’re likely to hear the buzzing, chirping and humming of insects. It’s their way of communicating. Get the buzz on some sounds of the season:

*Cicadas.* One of the loudest insects, cicadas are known for their distinctive buzzing during the heat of the day. Males make this mating call by vibrating membranes on their abdomens. Cicadas are often mistaken for locusts, but locusts are a type of grasshopper and much quieter than cicadas.

*Crickets.* When darkness falls, crickets begin their symphony of chirps, made by rubbing their wings together. The bugs will vary the pattern and speed of the chirps; for example, the warmer the temperature, the faster they chirp.

*Katydid.* Named after their repetitive calls of “Katy did, she did,” these green, leaf-shaped insects are most active at night.

*Bees.* Their familiar buzzing is the rapid beating of their wings, which creates a disturbance in the air, resulting in the hum. Larger bee species, and their cousins the wasp and hornet, beat their wings more slowly, which produces a lower pitch.

## ‘INSPIRE’ IS ONE

How many words can you come up with using the letters in “friendship”?



# THE BELMONT SCENE



SENIOR LIVING

CALABASAS

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Calabasas, CA 91302

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## 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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