

THE VILLAGE NEWS



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

SEPTEMBER 2020



FROM THE DESK OF



Nancy Nelson
Executive Director

September always brings back memories of reams of paper, new pens, sparkling new shoes, and my “new” favorite lunchbox.

It’s back to school time! Coronavirus has changed even the back to school routine we enjoyed in past decades of attending school. Many more kids will be homeschooled, and taught remotely. At Belmont Calabasas, we’ve had moments of feeling like we’re “back to school” too. Our Circle of Friends is enjoying great programming each day and the group continues to grow. Although it looks different with social distancing and we’re learning to talk with masks on

our faces, it’s the best program we’ve ever had. Our ELs are dedicated, bright, well spoken and a lot of fun! The Neighborhood is also “back to school” as our programming in small groups is also taking place. The long period of isolation is over, at least for now, and we are feeling like we’re back engaging, growing and connecting again. Assisted Living has many options, with more added each week from exercise classes, open pool hours, Armchair travel classes, new movies and discussions, Seminars, Jeopardy, and upcoming Corn Hole and Bocce Ball competitions in our backyard. Can I tell you my secret? I even decided to go buy a set of new pens and paper just because I could! Although we must continue to be vigilant to prevent this virus from coming into our community, we are carefully and methodically trying to get back to living meaningful lives at Belmont Calabasas. Be healthy and safe and let’s enjoy September together!



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HAPPY BIRTHDAYS



RESIDENTS

- Sept. 5 Edward F.
- Sept. 8 Jeffrey S.
- Sept. 9 Yana P.
- Sept. 10 Theo C.
- Sept. 13 William G.
- Sept. 18 Melvyn S.
- Sept. 25 Antonia B.

STAFF BIRTHDAYS

- Sept. 4 Nayen B.
- Sept. 12 Cindy Z.
- Sept. 12 Lisola D.
- Sept. 14 Judith N.
- Sept. 14 Albino R.
- Sept. 21 Sandy V.
- Sept. 23 Diana C.
- Sept. 25 Yolanda C.





HEALTH & WELLNESS

LIA MOROVATI DIRECTOR OF RESIDENT CARE SERVICES

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, 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 on Page 6 of Newsletter :)

Save the Date



AGE WITH CONFIDENCE

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

- Health professionals say these lifestyle choices are key to aging well:
- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

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



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.





THE BELMONT SCENE



BELMONT *Village*

SENIOR LIVING

CALABASAS

24141 Ventura Blvd
Calabasas, CA 91302

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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