

# THE VILLAGE NEWS

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

OCTOBER 2020



## FROM THE DESK OF

### GLOBETROTTING ONLINE

The next best thing to being there, traveling online is a good way to get away. Many of the world's top tourist destinations are using technology so virtual travelers can visit and interact with locales. Use the search terms "virtual tour" with the name of a famous site or attraction, and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

### POCKET THE SAVINGS ON JEANS

Here's a money-saving tip: October is the month to spend your green on a new pair of blue jeans. Fall clothes, including jeans, usually hit stores and online sites in late summer for back-to-school sales, but many retailers will wait to mark down their inventories in October.

### NFL FUN FACTS

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17-0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.



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## MAKING THE CALL

Sporting their familiar black-and-white striped uniforms, the seven officials you see on the field during an NFL game have the job of focusing on every play, enforcing rules and making split-second calls.

When the league began in 1920, only three people made up a game's officiating crew: a referee, an umpire and a linesman, now called a down judge. Over time, four more officials were added: field judge, back judge, line judge and side judge.

Officials are sometimes incorrectly called referees, but there is only one referee on the field. That person is also known as the crew chief and is the final authority on game rulings. The referee is the only official who wears a white cap; the others wear black caps.

Each official stands in a designated area of the field and is responsible for watching specific player positions for penalties. With more than 150 plays in an average NFL game, officials must be laser-focused on the action and physically fit enough to keep up with the athletes.

The NFL has about 120 officials. They must undergo regular training and testing to keep up with the game's evolving rules, and their game-day performance is evaluated weekly by officiating supervisors.

Top NFL officials earn the privilege of working a playoff game, conference championship and the ultimate goal, the Super Bowl.

## POPCORN PICK: 'THE TINGLER'

Director William Castle wanted to make sure moviegoers got a good scare and even jump in their seats when they watched his 1959 campy horror classic "The Tingler." He cast Vincent Price to star as a scientist who discovers that fear is a living parasite that grows on people's backbones, creating that spine-tingling sensation when frightened. When a "tingler" escapes from his lab and into a crowded movie theater, Price's character addresses the viewers, advising them to not panic. To heighten the frantic scene, Castle had various theater seats rigged with vibrating devices to give unsuspecting audience members a live jolt from "the tingler."

## POPCORN PICK: 'SUSPICION'

Tensions build in this 1941 psychological thriller from the master of suspense, director Alfred Hitchcock. He cast Joan Fontaine to star as Lina, a timid young heiress who elopes with Johnnie, a charming but penniless gambler, played by Cary Grant. Sinister signs lead Lina to suspect her new husband is plotting to murder her for her money. Fontaine won the Academy Award for her performance and is the only actor to win an Oscar for a Hitchcock role. Cary Grant went on to star in three other landmark films by the director.





## HEALTH & WELLNESS

### TROUBLE SLEEPING?

Fifty percent of individuals over the age of 65 experience at least one sleep problem; many deal with insomnia and other sleep issues on a regular basis. Common causes of sleep problems include:

*Medications.* Some medications may cause wakefulness at night, while others impair one's ability to fall asleep or stay asleep.

*Poor sleep habits.* An irregular schedule of sleeping and waking makes it difficult to maintain a beneficial sleep schedule. Daytime napping and consuming alcohol before bed may also affect sleep.

*Medical illness.* Some conditions, such as arthritis, heartburn and Alzheimer's, can affect sleep.

*Psychological distress.* Life changes such as moving from a family home, physical limitations brought on by illness, and the death of a loved one can cause significant stress and sleeping difficulties.

If your lack of sleep affects your productivity and energy, talk to your doctor.

### THINK PINK

October is National Breast Cancer Awareness Month.

### SHAKE THE SALT HABIT

Sodium is an essential nutrient for proper functioning of the body. However, many people ingest a surplus of sodium, which may increase blood pressure and raise the risk of heart disease and stroke. Here are some ways to reduce your salt intake:

*Check nutrition labels.* When you're shopping for groceries, look for items that are low in sodium. If your ingredients don't have much salt, neither will your resulting dish.

*Avoid processed and deli foods.* Often they are heavily laden with salt. Preparing your own food puts you in control of the amount of sodium.

*Try alternative spices.* Garlic, rosemary and an abundance of other herbs and spices can add flavor to a dish in place of salt. Some sodium-free herbal seasoning blends are available right next to the salt at the grocery store.

*Use only what you need.* If a recipe calls for salt, put in half the amount called for, and then taste it. More often than not, this amount will be sufficient.

*Choose fresh or frozen produce.* Fresh and frozen fruits and vegetables have less sodium than canned varieties. If you do use canned produce, be sure to drain and rinse it to reduce the added salt.

## Save the Date



### FAMOUS FACES BORN IN OCTOBER

- Oct. 4, 1979: Caitriona Balfe
- Oct. 5, 1972: Grant Hill
- Oct. 7, 1959: Simon Cowell
- Oct. 12, 1992: Josh Hutcherson
- Oct. 18, 1951: Terry McMillan
- Oct. 21, 1980: Kim Kardashian
- Oct. 28, 1972: Brad Paisley
- Oct. 31, 1993: Letitia Wright

### A FIGURE OF SPEECH

*Phrase:* Barnstorming

*Meaning:* Making multiple brief stops as part of a political or promotional campaign

*Origin:* The first barnstormers were traveling theater groups who toured the U.S. during the 1800s. Since many small towns didn't have an auditorium, the actors often performed in barns. Before radio and TV, candidates running for elected office followed this same practice, stopping at towns to give speeches and gain voters' support. The quick, high-energy visits were compared to a passing rainstorm, leading to the term barnstorming, which is still widely used today.

### DELIGHTFUL DAYS

"In the entire circle of the year there are no days so delightful as those of a fine October."

—Alexander Smith

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

## THE ROLE OF A PHYSICIAN ASSISTANT

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year Oct. 6–12.



## FIRE SAFETY

National Fire Prevention Week is observed in the United States and Canada during the week in which Oct. 9 falls. The date was chosen in commemoration of the Great Chicago Fire, which began Oct. 8, 1871. To help prevent fires, don't overload electrical circuits with too many appliances; don't run extension cords under rugs or carpets; unplug hair dryers and other small appliances when not in use; and when cooking at a stove, keep pot handles turned inward so they won't be knocked over. Use Fire Prevention Week as a reminder to check that smoke alarms are working properly and to talk with household members about a fire escape plan. If you're ever in a situation where a fire occurs, get out, stay out and call for help.

## 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.

## CLEAR THE COBWEBS

"Laughter is the brush that sweeps away the cobwebs of the heart." —Mort Walker

## BRAIN BENDER: CANDY CONUNDRUM

Mr. Jones had less than 20 pieces of candy left when two trick-or-treaters came to his door. He wanted to split the candy evenly between them, but there was one piece remaining. He saw a third trick-or-treater approaching, so he tried to split the candy between the three children, but he still had one leftover piece. Finally, a fourth trick-or-treater arrived. After splitting the candy four ways, Mr. Jones still had one last piece—but he decided to just keep it for himself.

Can you figure out how many pieces Mr. Jones had at the beginning of the puzzle?

*(Answer: He had 13 pieces of candy. The only number below 20 that can be divided evenly by 2, 3 and 4 is 12. He had one piece left each time he divided the candy, so 12 plus 1 equals 13.)*

## MOON OVER OCTOBER

This year, October's night skies will light up with two full moons. The first day of the month brings the full harvest moon, and on the 31st, the full hunter's moon will rise. The second of two full moons in one month is called a blue moon.



## REMEMBER ME?

With his distinctive voice and debonair manner, actor Vincent Price brought a unique style to his many roles as horror movie villain. Learn more about Hollywood's "master of menace."

- Price was born May 27, 1911, in St. Louis.
- He graduated from Yale University with a degree in art history.
- While studying at the University of London, Price began acting.
- His first major stage role came in 1935, starring as Prince Albert in a London production of the play "Victoria Regina."
- Price began his movie career as a dramatic actor. One of his early roles was in the 1944 classic "Laura," which starred Gene Tierney.
- The 1953 3-D film "House of Wax" started his reign as horror movie star. Other films included "The Fly," "House on Haunted Hill" and "House of Usher."
- Price once said, "... a good ghoulish movie is comic relief."
- One of his favorite roles was the villain Egghead in the "Batman" TV series.
- An avid art lover and collector, he lectured and wrote books and a newspaper column on the subject.

## A PUMPKIN'S POTENTIAL

Native to North America, pumpkins are incredibly versatile and nutritious. Here are some ways you can make sure no part of this autumn staple goes to waste.

*Pumpkin puree.* Pumpkin pulp, or flesh, is high in fiber, vitamins and minerals. To make puree from the pulp, cut the pumpkin in half, scoop out the seeds and strings, and place cut side down on a baking sheet. Bake at 350° F until fork tender, about an hour. Scoop out the flesh and puree in a food processor or blender. The paste can be used in a variety of tasty recipes, from soup to cake.

*Savory or sweet seeds.* Pumpkin seeds are not only yummy, but also full of valuable nutrients. To roast the seeds, separate them from the strings, rinse, and place the seeds in a single layer on an oiled baking sheet. Add salt for classic roasted pumpkin seeds, or brown sugar and cinnamon for a sweeter treat. Bake at 250° F for 15 to 20 minutes.

*Serving shells.* The pumpkin rind isn't edible, but it can still be put to good use. Use the shell as a bowl to serve soup or dip. Or stuff the shell with a wild rice casserole, then bake.

*String stock.* Finally, the stringy pieces that surround the seeds of a pumpkin can be used to make stock. Boil the fibers in water for about 30 minutes, cool and strain. Pumpkin stock adds flavor to soups and stews.

# THE BELMONT SCENE



SENIOR LIVING

CALABASAS

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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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