

THE VILLAGE NEWS

(760) 436-8900

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



SEPTEMBER 2020

IS SEPTEMBER THE REAL NEW YEAR?

Let's forget about January ... September is the Real New Year. September marks a time of change in how we live. We go back to establish routines and buckle down for what lies ahead. Even in this unusual time of our World, we need to find ways to get inspired, tackle new goals and get ready for what lies ahead. During any time of transition and change we need to remember to treat ourselves to things that make us feel good. Now is the time to do that exercise class or go for a swim in our beautiful pool or attend a Spiritual Wellness class to get inspired and filled with hope.

As this Newsletter is going to print, these are my last days at Belmont Village Cardiff. I want to thank all of you for the wonderful memories and great times. Each and everyone of you have been such a blessing in my life.

We are fortunate to have a familiar face fill in, until your new Executive Director arrives. Mary Jane Rodriguez is no stranger to Cardiff. She was here in 2018 helping maintain our high standards of service and care for residents, families and staff. Mary Jane will be here until

Ashley Marcellus arrives around mid September.

Ashley is moving to San Diego from Houston, Texas. Ashley has been with Belmont Village since 2012. Most recently she has been the Executive Director of Hunter's Creek in Houston. We will have more to come regarding Ashley and how fortunate we are to have her come to our "Beach" home!

I want to also take a moment to welcome our newest member our staff, although, I am sure you all have seen him running around ... Mario Castañeda, our Building Engineer. Mario was born in Honduras and immigrated to the United States in 1983 with his mother. He was raised in Chicago's Logan Square neighborhood. He enlisted in the Marines in Feb 1997, retired in May 2020, and has served in every "clime and place." Mario has two sons, Mario Jr. and Marcelo, who attend Cal State Fullerton and UC Irvine. He is looking forward to meeting everyone and bringing our community to looking Top Notch! Please give Mario a warm welcome!

Thank you again for all your love and kindness!

Fondly,
Sheryl

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RESIDENTS BIRTHDAYS

Pat A.	1st
Buford L.	2nd
Katie L.	4th
Marilyn M.	6th
Leigh C.	9th
Marilyn W.	10th
Yvette O.	14th
Candy H.	16th
Meg W.	21st
Hal D.	23rd
Ann B.	28th
Marialise B.	30th



EMPLOYEE BIRTHDAYS

Gina H.	4th
Garielle T.	7th
Briana B.	9th
Kahny M.	11th
Alex H.	14th
Bridget W.	17th
Robert M.	19th
Yesenia B.	20th
Jan B.	21st
Gretchen M.	26th
Jasia V.	29th

DID YOU KNOW? SAN ELIJO LAGOON



Across the Street from Belmont Village is one of the Largest Coastal Wetlands in San Diego County. There are six plant communities: Coastal, Strand, Salt Marsh, Triparian, Scrub, Freshwater Marsh and Mixed Chaparral.

There are more than 300 species of Plants, at least 25 species of Fish, 26 Mammal Species, 20 Reptile and Amphibians, more than 80 Invertebrates and 300 Bird Species.

Native American Tribes hunted and gathered along the

shores at 8,500 years before European settlers arrived. The refuse of Hunting-Gathering societies show the earliest inhabitants relied heavily on coastal resources, including scallops and clams.

In 1769, the Portola Expedition named the area "San Alejo" in honor of Saint Alexius. In the early 1800s, Spaniards and other Europeans settled the region and established cattle ranches.

Between 1880 and 1940 dikes and levees were built that allowed duck hunting and salt harvesting.

Today, there is a \$100 million dollar project underway to restore the San Elijo Lagoon. This will not only benefit the health of the lagoon but also the beach. When possible, go visit the San Elijo Nature Center. You will be glad you did!

Best, MacD ~



Mary Jo Creates Beautiful Masks with a smile!

EMPLOYEE OF THE MONTH

We are delighted to Congratulate Mary Jo, our nurse, as the Employee of the Month. Mary Jo has been with Belmont Village in Cardiff for 9 years! She loves all the the residents and employees and considers them her second family. However, her real family includes two brilliant boys who are about to finish their RN Program. Way to go, Mom! She loves gardening and now creates beautiful masks and gives them away to everyone. She is an exemplary giver of kindness and hope! Thank you, Mary Jo!

CLAUDIA'S CARDIO!

Claudia is the quintessential queen of exercise! She keeps all moving for 30 minutes and no one leaves uninspired or ready to face the day. Her style is just get moving and create all different types of exercise in a short time period. Claudia is here from Tuesdays through Saturdays. Don't miss out!



THE METROPOLITAN OPERA

Here we go to the Opera! It's performed on a stage like a play, but the actors are singing instead of talking. There is acting, scenery, dancing and costumes oh my! Join us every Sunday night for an Opera Night to remember. We will begin with "The Magic Flute," then the "Marriage of Figaro" and on to "Carmen" and continue from there. Please don't miss a single moment!

CATS OF THE MONTH



Adele's cats are names are Ketzel and Amor. They were adopted cats, rescued them from Petco. They have seats next to the window and enjoy the day. They love bugs and try to catch them through the window. Amor is grey and Ketzel pretzel is black and white. They tell Adele when they want their food, and when they want their stands to scratch on. Ketzel is the smarter one of them two she has greenish color eyes. She has a quilt on the floor next to the chair and that's their favorite place to hang out.



BV CARDIFF TRANSPORTATION*

*NOTE ALL IS PENDING refer to the Daily Schedule

Monday

Walking Club
Neighborhood/COF Scenic Drives
IL/AL Scenic Drive

Tuesday

Walking Club
Northbound Doctor Drives*

Wednesday

Walking Club
Personal Shopping Day
Neighborhood/Village Scenic Drive

Thursday

Walking Club
Southbound Doctor Drives*

Friday

Walking Club
Neighborhood/COF Scenic Drives

Saturday

Walking Club
IL/AL Scenic Ride

Sunday

Walking Club
IL/AL Scenic Drive

LYFT

Concierge can call Lyft



Alzheimer's Fundraiser!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Northbound Doctor Drives 1 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 1:30 SR Travel-ish Shows! 7:00 SR Evening Movie	2 8:00 Grocery Lists to Concierge 9:30 L3 Balance and Be Fit 10:15 O Cardio with Claudia 11:00 L Spiritual Wellness with Clare 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM 1:30 SR TED Talks with Robert 3:00 L3 Wine Down Wednesday 7:00 SR Evening Movie	3 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 GR Walkabout Belmont 12:00 TF Poetry with Fancie Nancie! 1:15 C BINGO 1:30 SR PBS Nature Talk 3:00 O Happy Hour 7:00 SR Evening Movie	4 9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM! 2:30 TH Belmont Market Open 3:00 L3 Chat with Chef and DRC 4:00 TF Tech Assistance 6:00 TH Padre Baseball Night 7:00 SR Evening Movie	5 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 12:00 P ADULT SWIM 1:30 L3 "How to Draw It!" 1:30 SR Afternoon Matinee 3:00 Scenic Drive 7:00 SR Evening Movie
6 8:00 SR St. John Catholic Mass Live Stream 9:00 L3 Senior Strengthening DVD 10:00 SR Solana Beach Pres Service Live Stream 12:30 TH Nondenominational Bible Study 1:30 SR Sunday Matinee 3:00 Scenic Drive 7:00 SR The Metropolitan Opera	Labor Day 7 9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Chair Aerobics 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: LIVE! 3:00 Scenic Drive 7:00 SR Evening Movie	8 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 1:30 SR Travel-ish Shows! 3:00 L3 Bubbles with Baubles and Beads Jewelry Class 7:00 SR Evening Movie	9 8:00 Grocery Lists to Concierge 9:30 L3 Balance and Be Fit 10:15 O Cardio with Claudia 11:00 L Spiritual Wellness with Clare 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM 1:30 SR TED Talks with Robert 3:00 L3 Wine Down Wednesday 7:00 SR Evening Movie	10 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 GR Walkabout Belmont 12:00 TF Tech Assistance 1:15 C BINGO 1:30 SR PBS Nature Talk 3:00 O Happy Hour 7:00 SR Evening Movie	11 9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM! 2:30 TH Belmont Market Open 3:00 L3 Art with Nancie 6:00 TH Padre Baseball Night 7:00 SR Evening Movie	12 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 12:00 P ADULT SWIM 1:30 L3 "How to Draw It!" 1:30 SR Afternoon Matinee 3:00 Scenic Drive 7:00 SR Evening Movie
National Grandparents Day 13 8:00 SR St. John Catholic Mass Live Stream 9:00 L3 Senior Strengthening DVD 10:00 SR Solana Beach Pres Service Live Stream 12:30 TH Nondenominational Bible Study 1:30 SR Sunday Matinee 3:00 Scenic Drive 7:00 SR The Metropolitan Opera	Flu Shot Day! 14 9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Chair Aerobics 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:00 WC Flu Shot Clinic 1:30 O Music Appreciation: LIVE! 3:00 Scenic Drive 7:00 SR Evening Movie	National Creme De Menthe Day! 15 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 1:30 SR Travel-ish Shows! 3:00 L3 "Grasshoppers" and More! 7:00 SR Evening Movie	16 8:00 Grocery Lists to Concierge 9:30 L3 Balance and Be Fit 10:15 O Cardio with Claudia 11:00 L Spiritual Wellness with Clare 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM 1:30 SR TED Talks with Robert 2:00 TH Resident Meeting and Welcome Social 3:00 L3 Wine Down Wednesday 7:00 SR Evening Movie	Southbound Doctor Drives 17 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 GR Walkabout Belmont 12:00 TF Poetry with Fancie Nancie! 1:15 C BINGO 1:30 SR PBS Nature Talk 3:00 O Happy Hour 7:00 SR Evening Movie	Rosh Hashanah-Jewish New Year 18 9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM! 2:30 TH Belmont Market Open 3:00 TF Ping Pong with Greg 6:00 TH Padre Baseball Night 7:00 SR Evening Movie	National Native American Day 19 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 12:00 P ADULT SWIM 1:30 L3 "How to Draw It!" 1:30 SR Afternoon Matinee 3:00 Scenic Drive 7:00 SR Evening Movie
20 8:00 SR St. John Catholic Mass Live Stream 9:00 L3 Senior Strengthening DVD 10:00 SR Solana Beach Pres Service Live Stream 12:30 TH Nondenominational Bible Study 1:30 SR Sunday Matinee 3:00 Scenic Drive 7:00 SR The Metropolitan Opera	World Gratitude Day 21 9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Chair Aerobics 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: LIVE! 3:00 Scenic Drive 7:00 SR Evening Movie	First Day of Autumn 22 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 1:30 SR Travel-ish Shows! 3:00 L Book Club Chat 7:00 SR Evening Movie	23 8:00 Grocery Lists to Concierge 9:30 L3 Balance and Be Fit 10:15 O Cardio with Claudia 11:00 L Spiritual Wellness with Clare 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM 1:30 SR TED Talks with Robert 3:00 L3 Wine Down Wednesday 7:00 SR Evening Movie	Southbound Doctor Drives 24 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 GR Walkabout Belmont 12:00 TF Tech Assistance 1:15 C BINGO 1:30 SR PBS Nature Talk 3:00 O Happy Hour 7:00 SR Evening Movie	Comic Book Day 25 9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM! 2:30 TH Belmont Market Open 3:00 TF Ping Pong with Greg 6:00 TH Padre Baseball Night 7:00 SR Evening Movie	National Pancake Day 26 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 12:00 P ADULT SWIM 1:30 L3 "How to Draw It!" 1:30 SR Afternoon Matinee 3:00 Scenic Drive 7:00 SR Evening Movie
Native American Day 27 8:00 SR St. John Catholic Mass Live Stream 9:00 L3 Senior Strengthening DVD 10:00 SR Solana Beach Pres Service Live Stream 12:30 TH Nondenominational Bible Study 1:30 SR Sunday Matinee 3:00 Scenic Drive 7:00 SR The Metropolitan Opera	28 9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Chair Aerobics 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: LIVE! 3:00 Scenic Drive 7:00 SR Evening Movie	National Coffee Day 29 9:30 L3 Flexibility Class 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 1:30 SR Travel-ish Shows! 3:00 L3 Cafe Gratitude With Clare 7:00 SR Evening Movie	National Hot Mulled Cider Day 30 8:00 Grocery Lists to Concierge 9:30 L3 Balance and Be Fit 10:15 O Cardio with Claudia 11:00 L Spiritual Wellness with Clare 11:00 GR Walkabout Belmont 12:00 P ADULT SWIM 1:30 SR TED Talks with Robert 3:00 L3 Wine Down Wednesday 7:00 SR Evening Movie			

IN-HOUSE SERVICES

Physical, Occupational and Speech

Therapy

ReHabCare

Located on L3, in the Center
for Life

Marketplace (TH)

Toiletries and Sundries
(open FRI 2:30 pm)

Optometry/Podiatry

Go to the 2nd Floor Wellness
Center to sign-up

Audiologist - Coastal Hearing (TF)

As needed see Wellness Center

Salon (3rd Floor)

OPENING OUTSIDE SOON

Dry Cleaning

Pick up and drop off Monday
Please leave with the Concierge

Notary Public

On site, by appointment only. Call
the Concierge

Terry the Dog Walker

Please call Terry at 760-753-6378

SEPTEMBER 14TH FLU SHOT DAY!



Zabele is always smiling!

ALZHEIMER'S FUNDRAISER

We are so fortunate to have our resident Zabele, who gives her time and love into making masks every day. She has scraps of material and continues to sew them up in a jiffy! She has created over 200 masks! She even found a new design for comfort. We have her "Alzheimer Purple Masks" at the front desk, for a donation. There is a variety to chose from! Please stop by and help us make a difference. If writing a check, please make out to Alzheimer's Association. Thank you, Zabele, for your kindness!

GET YOUR FLU SHOT ON SEPT 14TH... SIGN UP TODAY!!!

"Giving the influenza vaccine to people with heart disease, for example, is as important as giving them a statin," Dr. 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. 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.

Here is the number one questioned always asked:

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. 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.

NEIGHBORHOOD BEAUTIES!

Mereani does it again... she Emceed the Annual Fashion show in August. The ladies were fabulous in their fashion, their walk on the runway and smiles. Trending fashions included jewel tones and clam diggers! The bonnets and flowers in their hair topped it all off. Needless to say, all won the coveted trophies! Bravo Ladies!



CIRCLE OF FRIENDS

Sandra, the EL had the group watercolor painting Chinese Dragons. They even went so far to print a symbol for their dragon!



THE VILLAGE SCENE



*Barbara, Françoise and Carol
composing poetry by the Pool!*



Happy Hour lives on!!



Sweet Donna, happy to be home!



PAL Jan is our newest Citizen of the US!



Mother to Ketzal and Amor!



Georgia and Jerry always smiling!

BELMONT *Village*

SENIOR LIVING

CARDIFF BY THE SEA

3535 Manchester Avenue
Cardiff By the Sea, CA 92007

RCFE Lic. 374603231

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

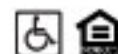
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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