

THE VILLAGE NEWS



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

AUGUST 2020



ICY TREATS TO BEAT THE HEAT

Savoring an icy treat is a perfect way to cool off on a hot day. Tempt your taste buds with these frozen favorites:

Snow cone. Coarsely crushed ice gives snow cones their crunchy texture, and fruity syrup drizzled on top lends sweetness and eye-popping color. The treat is usually served in a cone-shaped paper cup and eaten like an ice cream cone or with a spoon. Snow cones became an instant hit when they debuted at the Texas state fair in 1919, and today they are commonly served at fairs, carnivals and ballparks.

Shaved ice. Blocks of ice are shaved into fine pieces to create a powdery, fluffy mixture with a consistency similar to snow. A hefty amount of flavored syrup is poured on top and blends

throughout the soft ice. Shaved ice is typically served in a cup with a spoon and goes by many names, including Hawaiian shaved ice, shave ice and snowballs.

Italian ice. This frozen novelty is made much like ice cream, with the flavoring mixed in as the ice is made rather than poured on top of it. The result is a soft, dense dessert similar to sorbet. Italian ice is called water ice in some regions.

KEEPING YOU INFORMED

As you know, we are closely monitoring the evolving situation caused by the new coronavirus, COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect their health and safety, and following the recommendations of the Centers for Disease Control and Prevention, we are suspending all nonessential visits, large community gatherings, and resident outings. Know that we have screening protocols in place to ensure residents are in good health, and team members and essential outside care providers and vendors are being screened as well. If you have any questions, we will be happy to speak with you.

OUR TEAM

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RESIDENT BIRTHDAYS FOR THE MONTH OF AUGUST!

| | |
|---------------------|-----------|
| Barbara Westenhagen | August 10 |
| Melvin Peisakoff | August 11 |
| Sylvia Leivenberg | August 15 |
| Stanley Samuels | August 20 |



EMPLOYEE BIRTHDAYS FOR AUGUST!

| | |
|--------------------|-----------|
| George Maronyan | August 2 |
| Gloria Stewart | August 5 |
| Rose Nabuufu | August 7 |
| Barbara Gonzalez | August 8 |
| Oyebimpe Brew | August 8 |
| Martha Gonzalez | August 11 |
| John Navarro | August 15 |
| Athley Dionisio | August 16 |
| Nanine Beal | August 19 |
| Kasoro Nalugya | August 19 |
| Sally Cruz | August 19 |
| Lally Green | August 23 |
| Jorge Marquez | August 24 |
| Elizabeth Cardenas | August 25 |
| Rosa Reynoso | August 28 |
| Maribel Gallegos | August 30 |
| Olga Rincon | August 31 |



SHABBAT SERVICE

Virtual Shabbat Services
Friday afternoon in Town Hall

We will be holding Shabbat Services with no more than 10 people in a group, in compliance with our county regulations - check with Eric to see what time your group meets!



TRIVIA!

Trivia!

Tuesdays in Town Hall

We will be playing Trivia with no more than 10 people in a group, in compliance with our county regulations - check with Eric to see what time your group meets!



COF AND NEIGHBORHOOD NEWS



FOODS THAT HELP PROTECT YOUR SKIN

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

Watermelon and tomatoes. The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

Cantaloupe and carrots. These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

Vitamin C-rich foods. Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and

damage cells in the body.

Salmon and tuna. Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.

Green tea. Two cups of green tea a day provide compounds that act as a natural defense against the sun's rays.

OUTDOOR SAFETY TIPS

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

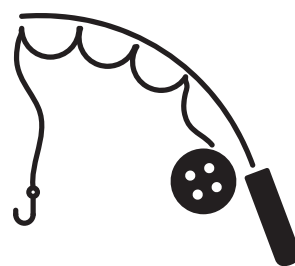





The best selling novel by Lauren Weisberger.

BEYOND THE BOOK PROUDLY PRESENTS "THE DEVIL WEARS PRADA"

This best selling novel follows a young woman who is hired as a personal assistant to a powerful fashion magazine editor, a job that becomes nightmarish as she struggles to keep up with her boss's grueling schedule and demeaning demands.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
| <h1>August</h1> |  |  |  |  | <p>All Events Are Subject to Change</p> | <p>9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 10:30 TH Mind Benders 🌿 1:30 GR Jenga 🌿 2:15 GR Blackjack</p> |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| <p>10:30 GR Board Games 1:00 GR Shopping Run 1:30 TH Afternoon Movie 3:00 GR Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 1:30 GR Kings in the Corner 🌿 2:00 GR Rummikub 2:30 TH Fitness Class 🌿</p> | <p>9:30 TH Exercise - Strength 10:15 GR Kings in the Corner 🌿 10:30 TH Trivia w/Eric 🌿 12:00 GR Outing TBA 🌿 1:30 TH Mind Benders 🌿</p> | <p>9:30 Exercise w/Ben 10:30 TH Beyond the Book 🌿 1:30 TH Resident Council Meeting 🌿 2:30 GR Fitness Class 🌿 6:45 GR Scrabble 🌿</p> | <p>9:30 Exercise - Conditioning 10:30 TH Beyond the Book 🌿 1:30 GR Scrabble 🌿 1:30 TH You Be The Judge 🌿 3:00 B Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 10:30 TH Worth It 🌿 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:45 GR Kings in the Corner</p> | <p>9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 10:30 TH Mind Benders 🌿 1:30 GR Jenga 🌿 2:15 GR Blackjack</p> |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| <p>10:30 GR Board Games 1:00 GR Shopping Run 1:30 TH Afternoon Movie 3:00 GR Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 1:00 TH Doug MacKenzie Travel Lecture 🌿 1:30 GR Kings in the Corner 🌿 2:00 GR Rummikub 2:30 TH Fitness Class 🌿</p> | <p>9:30 TH Exercise - Strength 10:15 GR Kings in the Corner 🌿 10:30 TH Activity Chat 🌿 10:30 TH Trivia w/Eric 🌿 12:00 GR Outing TBA 🌿 1:30 TH Mind Benders 🌿</p> | <p>9:30 Exercise w/Ben 10:30 TH Beyond the Book 🌿 1:30 TH Jewelry Making 🌿 2:30 GR Fitness Class 🌿 3:30 GR Blackjack (GR) 🌿 6:45 GR Scrabble 🌿</p> | <p>9:30 Exercise - Conditioning 10:30 TH Beyond the Book 🌿 1:30 GR Scrabble 🌿 1:30 TH You Be The Judge 🌿 3:00 B Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 10:30 TH Worth It 🌿 1:30 TH Chat w/Chef 🌿 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:45 GR Kings in the Corner</p> | <p>9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 10:30 TH Mind Benders 🌿 1:30 GR Jenga 🌿 2:15 GR Blackjack</p> |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| <p>10:30 GR Board Games 1:00 GR Shopping Run 1:30 TH Afternoon Movie 3:00 GR Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 1:30 GR Kings in the Corner 🌿 2:00 GR Rummikub 2:30 TH Fitness Class 🌿</p> | <p>9:30 TH Exercise - Strength 10:15 GR Kings in the Corner 🌿 10:30 TH Trivia w/Eric 🌿 12:00 GR Outing TBA 🌿 1:30 TH Mind Benders 🌿</p> | <p>9:30 Exercise w/Ben 10:30 TH Beyond the Book 🌿 1:30 TH Mind Benders 🌿 2:30 GR Fitness Class 🌿 6:45 GR Scrabble 🌿</p> | <p>9:30 Exercise - Conditioning 10:30 TH Beyond the Book 🌿 1:30 GR Scrabble 🌿 1:30 TH You Be The Judge 🌿 3:00 B Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 10:30 TH Worth It 🌿 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:45 GR Kings in the Corner</p> | <p>9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 10:30 TH Mind Benders 🌿 1:30 GR Jenga 🌿 2:15 GR Blackjack</p> |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| <p>10:30 GR Board Games 1:00 GR Shopping Run 1:30 TH Afternoon Movie 3:00 GR Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 1:30 GR Kings in the Corner 🌿 2:00 GR Rummikub 2:30 TH Fitness Class 🌿</p> | <p>9:30 TH Exercise - Strength 10:15 GR Kings in the Corner 🌿 10:30 TH Trivia w/Eric 🌿 12:00 GR Outing TBA 🌿 1:30 TH Mind Benders 🌿</p> | <p>9:30 Exercise w/Ben 10:30 TH Beyond the Book 🌿 1:30 TH Jewelry Making 🌿 2:30 GR Fitness Class 🌿 6:30 TH Art Lecture 🌿 6:45 GR Scrabble 🌿</p> | <p>9:30 Exercise - Conditioning 10:30 TH Beyond the Book 🌿 1:30 GR Scrabble 🌿 1:30 TH You Be The Judge 🌿 3:00 B Happy Hour 3:30 GR Afternoon Concert</p> | <p>9:30 TH Exercise - Balancing 🌿 10:30 TH Worth It 🌿 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:45 GR Kings in the Corner</p> | <p>9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 10:30 TH Mind Benders 🌿 1:30 GR Jenga 🌿 2:15 GR Blackjack</p> |
| 30 | 31 | | | | | |
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BEYOND THE BOOK

Wednesdays and Thursdays
10:30 a.m.
Town Hall

BELMONT'S CARD PLAYERS

Games Begin at 1 p.m.
Bridge (3rd Floor)
Monday–Thursday
Poker (3rd Floor)
Friday–Monday

MEETING WITH THE CHEF

Second Friday of the Month
1:30 pm
Town Hall

LIVE ENTERTAINMENT

Every Thursday & Sunday
3:30 p.m.
Great Room

TRIVIA

Tuesdays
10:30 am
Town Hall

AT THE MOVIES

Have a movie you want to see?
Request it at the Concierge desk
Nightly
6:30 p.m.
Town Hall



DODGERS' AUGUST BASEBALL SCHEDULE

Aug. 1 @ Arizona
Aug. 2 @ Arizona
Aug. 3 @ San Diego
Aug. 4 @ San Diego
Aug. 5 @ San Diego
Aug. 7 San Francisco
Aug. 8 San Francisco
Aug. 9 San Francisco
Aug. 10 San Diego
Aug. 11 San Diego
Aug. 12 San Diego
Aug. 13 San Diego
Aug. 14 @ Angels
Aug. 15 @ Angels
Aug. 16 @ Angels
Aug. 17 Seattle
Aug. 18 Seattle
Aug. 19 @ Seattle
Aug. 20 @ Seattle
Aug. 21 Colorado
Aug. 22 Colorado
Aug. 23 Colorado
Aug. 25 @ San Francisco

Aug. 26 @ San Francisco
Aug. 27 @ San Francisco
Aug. 28 @ Texas
Aug. 29 @ Texas
Aug. 30 @ Texas



NURSE'S NOTES

The immune system is made up of a network of cells and proteins that defend the body. It protects us from germs such as bacteria, viruses, or other foreign invaders that cause illness. The main job of the immune system is to fight infection and reduce the risk of contracting contagious diseases. There are many steps individuals can take to strengthen the immune system, and reinforce the body's defenses.

Follow a healthy diet.

Eat a healthy, nutrient-rich diet to help fight viruses. A diet rich in fruits, vegetables, nuts, and legumes contains vitamins and antioxidants that help boost the immune system, and promote good health. Choose lean meats, and reduce intake of sugar, fat, and processed foods.

Get active.

Engaging in moderate exercise helps strengthen the immune system. Regular physical activity aids the body in fighting infections. Thirty minutes of physical activity three times a week such as walking, swimming, yoga, or steady bicycling are all good ways to stay active.

Get enough sleep.

Lack of sleep can suppress the immune system. It is important to get seven to nine hours of sleep per night. To help sleep better, keep your room dark, quiet and cool. Maintain a regular sleep-wake schedule to optimize the quality of your sleep.

Maintaining healthy stress levels.

Lowering your stress level is an important way to help the immune system. Chronic stress lowers your immune response, making you susceptible to illness. Take part in activities you enjoy such as reading, gardening, meditation, and exercise to manage and lower stress.

WAYS TO DRINK MORE WATER

Make it part of your daily routine. Dietitians recommend drinking water at several specific points during the day.

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.

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.



TRANSPORTATION SCHEDULE

- **Medical Appointments**

Must be scheduled on Tuesdays, and Thursdays.

- **Open Transportation**

Can be used on days when medical appointments are not specified, and drivers are available.

- **Shopping Schedule**

(Sign Up With Concierge.)

1 p.m. on Fridays and Sundays.

Meet in the GR.

- **Scenic Drive 9:45 a.m. on Saturdays.**

Meet in the GR. Outings are scheduled on a weekly basis.

- **Outings**

Outings every Tuesday.

Departure will vary based on destination.



Mario Guerrero

THE BELMONT SCENE



Barbara discussing her art collection.



Happy Birthday, Richard!



Marsha checking out Netflix!



Wafting out a birthday cake!



Time to exercise!



Happy watching Hamilton!

BELMONT *Village*

SENIOR LIVING

ENCINO

15451 Ventura Boulevard
Sherman Oaks, CA 91403

RCFE Lic. 197605090

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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