

THE VILLAGE NEWS



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

SEPTEMBER 2020



LABOR DAY SALUTE

We often think of Labor Day as the end of summer, but its observance encompasses so much more. Americans have a long-held tradition of honoring the men and women who make this country work. No matter what kind of work each of us does, we play an important role in our nation's success. Labor Day is set aside to take pride in our work and to salute those who have worked to make our jobs secure. We hope you have a safe and terrific day, and we salute you and thank you for your contribution to our economy and our nation.

HOW ABOUT THEM APPLES?

Apple pie, apple butter, caramel apples—America's favorite fall fruit is as versatile as it is delicious. Autumn is when

the crop is harvested and apples are at their freshest.

- More than 2,500 varieties of apples are grown in the United States, and more than 7,500 types are produced worldwide.
- After they are planted, apple trees grow four to seven years before producing fruit.
- Once established, an apple tree can live for more than 100 years.
- Apples ripen up to 10 times faster at room temperature than if they are refrigerated. The fruit can last for months in the refrigerator, but only a few days when left out.
- Apple varieties range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds.
- A mature tree can produce 400 to 800 pounds of apples per year.
- Apples are part of the rose family, just like pears, plums and peaches.
- The apple is the official fruit of six states: Illinois, Minnesota, New York, Vermont, Washington and West Virginia.

OUR TEAM

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RESIDENT BIRTHDAYS FOR THE MONTH OF SEPTEMBER!

Beverly Singer	Sept. 12
Victoria Pingree	Sept. 13
Selma Fane	Sept. 14
Ruth Frohman	Sept. 15
Stella Katz	Sept. 17
Betty Hertz	Sept. 27
Murray Smith	Sept. 28
Henley Saltzburg	Sept. 30

EMPLOYEE BIRTHDAYS FOR SEPTEMBER!

Keyanna Collins	Sept. 1
Dolores Cerritos	Sept. 14
Ana Lopez	Sept. 17
Monica Vallado	Sept. 21
Afolasade Demurin	Sept. 23
Diana Milan	Sept. 25
Daniel Prudencio	Sept. 25
Simone Marshall	Sept. 27
Buetrie Yen	Sept. 27
Stephanie Sarabia	Sept. 29



HONORING OUR HEROES

Our world changed drastically on Sept. 11, 2001. That day, many Americans lost loved ones, security and, perhaps, a little hope.

But from the wreckage of buildings and lives, we found the courage to unite and to share our strength with our neighbors.

While September will always be a month of remembrance, it's also a time to give thanks for the men and women who risked their lives to help others, for the neighbors who were there in our time of need and for ourselves for having the heart to hope once again.



SOME BUZZ ABOUT HONEY

Honey is finding a home in the health and beauty aisle. Brands of soap, shampoo, face cream and lip balm are infusing products with honey because it contains antioxidants that support healthy skin. Naturally antibacterial and moisturizing, honey has nutrients that can help fight blemishes, wrinkles and dry skin.



COF AND NEIGHBORHOOD NEWS

SENSATIONAL CENTENARIANS

You probably know one or two centenarians, or you may even be one yourself! A centenarian is a person who has lived 100 years or more.

Centenarians are the fastest growing demographic group in many countries. There are currently about 80,000 centenarians in the United States. The U.S. Census Bureau estimates that number will be close to one million by 2050.

According to the Journal of the American Geriatrics Society, genetics play a large role in whether someone will live to be 100. Centenarians are often people who do not develop diseases or illnesses until very late in life.

Additionally, access to better medical care, housing, income and nutrition have contributed to the growing numbers of centenarians around the world.

In many surveys, centenarians have credited their longevity to staying active, eating balanced meals, and having a good attitude by not dwelling on regrets or holding grudges.

Centenarians tend to live in cities, and often with other people—either with family or in a communal home. The majority

of centenarians are women.

Some well-known centenarians throughout history include Grandma Moses, Irving Berlin, Bob Hope, Rose Kennedy and George Burns.

A person who lives to be 110 or older is called a supercentenarian.



FLU SHOT TIP

Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.




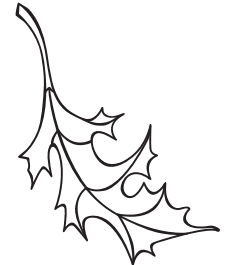
The best-selling novel by Lauren Weisberger.

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.



September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h2>September</h2>	<h2>HAPPY LABOR DAY!</h2>	<p>1</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 TH At the Movies</p>	<p>2</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>3</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>4</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 TH At the Movies</p>	<p>5</p> <p>2:00 TH Mind Benders 3:00 TH Mind Benders 4:00 TH Mind Benders 6:30 TH At the Movies</p>	
	<p>6</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>7</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>8</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 TH At the Movies</p>	<p>9</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>10</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>11</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 TH At the Movies</p>	<p>12</p> <p>2:00 TH Mind Benders 3:00 TH Mind Benders 4:00 TH Mind Benders 6:30 TH At the Movies</p>
	<p>13</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>14</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>15</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 TH At the Movies</p>	<p>16</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>17</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>18</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 TH At the Movies</p>	<p>19</p> <p>2:00 TH Mind Benders 3:00 TH Mind Benders 4:00 TH Mind Benders 6:30 TH At the Movies</p>
	<p>20</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>21</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>22</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 TH At the Movies</p>	<p>23</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>24</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	<p>25</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 TH At the Movies</p>	<p>26</p> <p>2:00 TH Mind Benders 3:00 TH Mind Benders 4:00 TH Mind Benders 6:30 TH At the Movies</p>
	<p>27</p> <p>9:00 TH Chair Yoga 10:00 TH Chair Yoga 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>28</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:00 TH Individualized Activities 6:30 TH At the Movies</p>	<p>29</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 TH At the Movies</p>	<p>30</p> <p>9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 TH At the Movies</p>	 Rosh Hashanah	<hr/> All Events Are Subject to Change <hr/>	



BEYOND THE BOOK

Wednesdays and Thursdays
2, 3 and 4 pm
Town Hall

CHAIR YOGA

Thursday, Friday, and Sunday
9 & 10 am
Town Hall

EXERCISE W/BEN

Mon., Tues. and Wed.
9 & 10 am
Town Hall

MIND BENDERS

Every Saturday
2, 3, 4 pm
Town Hall

TRIVIA

Tuesdays
2, 3, 4 pm
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



SOOTHING SKIN CARE

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms.

The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.

HOW TO USE FACETIME

1. Open the FaceTime app on your iPhone or iPad. The app icon is green with a white video camera on it.
2. Tap the + button in the upper right corner.
3. Type in the phone number or email address of the person you want to call. Tap the number or address when you've finished entering it. You can also type in the person's name if they are already in your Contacts list.
4. Tap Audio or Video to start your call.



NURSE'S NOTES

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.

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.



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



Donna diving into the story!



Thumbs up from Richard!



Deep in thought!



Always time for a friendly hello!



Discussing and distancing!



Paper and technology, a master of all trades!

BELMONT *Village*

SENIOR LIVING

ENCINO

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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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