

THE VILLAGE NEWS



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

OCTOBER 2020



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.

HAND-WASHING REMINDER

During cold and flu season, please remember that washing your hands frequently is important to help prevent the spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let's all do our part to stay healthy this season!



OUR TEAM

Cynthia Drachenberg

Executive Director, x102
cdrachenberg@belmontvillage.com

Jerry Wisniewski

Building Engineer, x105
jwisniewski@belmontvillage.com

Norma Mora

Human Resources, x103
nmora@belmontvillage.com

Monica Vallado

Marketing Assistant, x107
mvallado@belmontvillage.com

Eric Rocha

Activity Prog. Coord., x104
erocha@belmontvillage.com

Diana Milan

Outside Sales, x107
dmilan@belmontvillage.com

Kassandra Aragon

Memory Program Coord., x110
karagon@belmontvillage.com

Taina Robles

Chef Manager, x106
trobles@belmontvillage.com



RESIDENT BIRTHDAYS FOR THE MONTH OF OCTOBER!

Mary Ann Wachsner	Oct. 1
Herta Schoenfeld	Oct. 3
Malka Golowinski	Oct. 5
Simona Elkin	Oct. 8
Eduard Schoenfeld	Oct. 12
Angele Brewer	Oct. 13
Joyce Weiss	Oct. 22
Richard Minton	Oct. 29
Halcyon Daniels	Oct. 31



EMPLOYEE BIRTHDAYS FOR OCTOBER!

Esther Nakazibwe	Oct. 9
Rodel Canlas	Oct. 9
Maria Garcia	Oct. 13
Rosario Medina	Oct. 13
Hawa Mivindu	Oct. 13
Emilia Estrada	Oct. 17
Marden Crisol	Oct. 18
Gaylan Stallings	Oct. 20
Eric Rocha	Oct. 20
Manuel Magallon	Oct. 20
Lisa Llanos	Oct. 22
Teresa Castillo	Oct. 24
Flora Salas	Oct. 26
Robinah Namutebi	Oct. 28



SENIORS CAN BENEFIT FROM VIDEO CHAT

It's the next best thing to being there. Connecting with family and friends via video chat can boost emotional health. Researchers found that the real-time social interaction gained from using video chat technology, such as Skype and FaceTime, lowered symptoms of depression in seniors participating in a study. Please see the front desk if you need assistance in setting up a FaceTime or video chat!

MONDAYS WITH MICHELLE!

In Town Hall at 2, 3 and 4 pm
Join us every Monday for Mimosas and strawberries as we explore Michelle Obama's brand new podcast!



COF AND NEIGHBORHOOD NEWS

TIPS TO PREVENT FALLS

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes.

Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly. When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention. When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices.

Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free.

Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles.

When getting in and out of a car

or bus, take it slow and make sure your footing is secure before moving. Hold on to the vehicle for extra support.

Wipe your feet. Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles and prevent slipping inside your home.

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.)

POET'S CORNER

“Of dreams and other mysteries,
In the Garden of Enchantment,
All is tranquil and all is bliss,
There, souls with tender hearts reside, side by side,
And all the while, love, sweetness and light unite and abide,
In the Enchanted Garden of Delight.”



By Lucille Amiri

THE DEVIL WEARS PRADA



BEYOND THE BOOK

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1>			<p>All Events Are Subject to Change</p>	1 9:30 Exercise - Conditioning 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 At the Movies	2 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies 6:45 Kings in the Corner	3 9:30 Fitness Class 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies
4 10:30 Board Games 1:00 Shopping Run 1:30 Afternoon Movie 3:00 Afternoon Concert 3:00 Happy Hour 4:00 Afternoon Concert 6:30 At the Movies	5 10:00 Exercise - Balancing 🌿 2:00 TH Mondays w/Michelle 🌿 3:00 TH Mondays w/Michelle 🌿 4:00 TH Mondays w/Michelle 🌿 6:30 At the Movies	6 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 At the Movies	7 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 At the Movies	8 9:30 Exercise - Conditioning 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 At the Movies	9 9:30 Exercise - Balancing 🌿 1:30 Chat w/Chef 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies 6:45 Kings in the Corner	10 9:30 Fitness Class 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies
11 10:30 Board Games 1:00 Shopping Run 1:30 Afternoon Movie 3:00 Afternoon Concert 3:00 Happy Hour 6:30 At the Movies	12 Columbus Day 10:00 Exercise - Balancing 🌿 2:00 TH Mondays w/Michelle 🌿 3:00 TH Mondays w/Michelle 🌿 4:00 TH Mondays w/Michelle 🌿 6:30 At the Movies	13 10:00 TH Exercise w/Ben 10:30 Activity Chat 🌿 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 At the Movies	14 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 At the Movies	15 9:30 Exercise - Conditioning 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 At the Movies	16 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies 6:45 Kings in the Corner	17 9:30 Fitness Class 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies
18 10:30 Board Games 1:00 Shopping Run 1:30 Afternoon Movie 3:00 Afternoon Concert 3:00 Happy Hour 6:30 At the Movies	19 10:00 Exercise - Balancing 🌿 2:00 TH Mondays w/Michelle 🌿 3:00 TH Mondays w/Michelle 🌿 4:00 TH Mondays w/Michelle 🌿 6:30 At the Movies	20 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 At the Movies	21 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 At the Movies	22 9:30 Exercise - Conditioning 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 At the Movies	23 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies 6:45 Kings in the Corner	24 9:30 Fitness Class 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies
25 10:30 Board Games 1:00 Shopping Run 1:30 Afternoon Movie 3:00 Afternoon Concert 3:00 Happy Hour 6:30 At the Movies	26 10:00 Exercise - Balancing 🌿 2:00 TH Mondays w/Michelle 🌿 3:00 TH Mondays w/Michelle 🌿 4:00 TH Mondays w/Michelle 🌿 6:30 At the Movies	27 10:00 TH Exercise w/Ben 2:00 TH Trivia 3:00 TH Trivia 4:00 TH Trivia 6:30 At the Movies	28 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 At the Movies	29 9:30 Exercise - Conditioning 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 At the Movies	30 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies 6:45 Kings in the Corner	31 9:30 Fitness Class 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies

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



**A BIG THANK YOU
TO EVERYONE
WHO ATTENDED
OUR FUN AND
DELICIOUS LUAU!**



NURSE'S NOTES



In countries all over the world, October is marked as Breast Cancer Awareness month to help increase attention and support to the disease.

As this time of the year rolls around, it is a great reminder to practice these preventative measures for cancer and in order to maintain good health:

- **Maintain a healthy weight:** The American Cancer Society recommends you stay at a healthy weight by balancing your food intake and physical activity. A large increase in weight gain post-menopause is linked with a higher risk of breast cancer.
- **Be physically active:** Regular exercise can lower the risk of breast cancer, such as going on a walk every day or taking a dance class with friends.
- **Eat your fruits & vegetables** – and avoid too much alcohol: A healthy diet can help

lower the risk of breast cancer. Try to eat a lot of fruits and vegetables and keep alcohol

at moderate levels or lower.

- **Don't smoke:** Smokers and non-smokers alike know how unhealthy smoking is.

Smoking can lower quality of life and increase the risk of heart disease, stroke, and at least 15 cancers – including breast cancer.

Although there are a few preventative measures you can take, it is always a good idea to go in for a screening yearly.

For those over the age of 55, mammograms are recommended at least every other year, but you can choose to be screened yearly.

Take time this month to be aware, support the cause, and get informed!



GO PINK IN OCTOBER

October is Breast Cancer Awareness Month, and we have activities and fundraisers planned throughout the month.

Check the calendar or stop by the front desk for all the details, and please do what you can to support this important cause.



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



Fruit & mimosas!



Mondays w/Michelle!



Enjoying the podcast!



Apples and honey!



Happy Rosh Hashanah!



Not bad for a Monday!

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

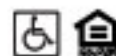
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



belmontvillage.com



©2020 BELMONT VILLAGE, L.P.