

THE VILLAGE NEWS



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

NOVEMBER 2020



THE PUMPKIN PIE TRADITION

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers.

In the 1600s, French and English cooks began using the orange squash in early pie recipes, including one version that had pumpkin and apple slices mixed with spices and stuffed inside pastry.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American

cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal.

By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.

FAMOUS FIRSTS: BLACK FRIDAY

The day after Thanksgiving is one of the busiest shopping days of the year, known as Black Friday.

The term has been traced back to 1950s Philadelphia, where it was used to describe the chaos caused by the traffic and crowds of shoppers who filled the city in advance of the weekend's annual Army-Navy football game.

It was the late 1980s before the name was used nationwide, with retailers employing it to promote holiday sales.



OUR TEAM

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RESIDENT BIRTHDAYS FOR THE MONTH OF NOVEMBER!

Shirley Wilson	Nov. 2
Barry Molitch	Nov. 8
Daniel Beren	Nov. 14
Marilyn Stone	Nov. 28



EMPLOYEE BIRTHDAYS FOR NOVEMBER!

Kristen Conway	Nov. 1
Jose Duenas	Nov. 3
Gerald Alba	Nov. 3
Cvetanka Ristova	Nov. 3
Cynthia Drachenberg	Nov. 4
Makenna Lalley	Nov. 6
Vickie Castro	Nov. 8
Dahlia Nava	Nov. 9
Wendy Sanchez	Nov. 14
Dora Siguenza	Nov. 15
Latrice Myles	Nov. 24
Blanca Renderos	Nov. 25



HONORING OUR VETERANS

Thank you to all the heroic men and women who have bravely served our country. We will honor our community's veterans in a special ceremony on Veterans Day; please see the calendar for the time and location.



KEEPING YOU INFORMED

As you know, we are continuing to closely monitor the evolving situation caused by 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 limiting 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.



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.

THE 411 ON FACE MASKS

When following the recommendation to wear face masks in public settings, remember these guidelines:

- Masks should fit snugly against the face and cover both your nose and mouth.
- Wash your hands or use hand sanitizer before putting the mask on and after taking it off. Take care to only touch the mask on the ear straps, and do not touch your eyes, nose or mouth.
- Do not reuse a disposable mask.

For more information and instruction on how to make your own cloth face mask, visit [CDC.gov](https://www.cdc.gov).

THE DEVIL WEARS PRADA






“The Devil Wears Prada” 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:30 Board Games 1:30 Afternoon Movie 3:00 Happy Hour 3:30 Afternoon Concert 6:30 At the Movies	2 9:30 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	3 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 At the Movies	4 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 At the Movies	5 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	6 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies	7 9:30 Fitness Class 🌿 10:00 Scenic Drive 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies	
8 10:30 Board Games 1:30 Afternoon Movie 3:00 Happy Hour 3:30 Afternoon Concert 6:30 At the Movies	9 9:30 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	10 9:00 TH Exercise w/Ben 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	11 Veterans Day 9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:30 Jewelry Making 🌿 2:00 TH Beyond the Book 3:00 TH Beyond the Book 3:30 Blackjack (GR) 🌿 4:00 TH Beyond the Book 6:30 At the Movies	12 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	13 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	14 9:30 Fitness Class 🌿 10:00 Scenic Drive 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies	
15 10:30 Board Games 1:30 Afternoon Movie 3:00 Happy Hour 3:30 Afternoon Concert 6:30 At the Movies	16 9:30 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	17 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 At the Movies	18 9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:30 Mind Benders 🌿 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 At the Movies	19 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	20 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies	21 9:30 Fitness Class 🌿 10:00 Scenic Drive 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies	
22 10:30 Board Games 1:30 Afternoon Movie 3:00 Happy Hour 3:30 Afternoon Concert 6:30 At the Movies	23 9:30 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	24 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 At the Movies	25 9:00 TH Exercise w/Ben 10:00 TH Exercise w/Ben 1:30 Jewelry Making 🌿 2:00 TH Beyond the Book 3:00 TH Beyond the Book 4:00 TH Beyond the Book 6:30 Art Lecture 🌿 6:30 At the Movies	26 Thanksgiving 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	27 9:30 Exercise - Balancing 🌿 2:00 TH Shabbat Service 3:00 TH Shabbat Service 4:00 TH Shabbat Service 6:30 At the Movies	28 9:30 Fitness Class 🌿 10:00 Scenic Drive 🌿 2:00 TH Mind Benders 🌿 3:00 TH Mind Benders 🌿 4:00 TH Mind Benders 🌿 6:30 At the Movies	
29 10:30 Board Games 1:30 Afternoon Movie 3:00 Happy Hour 3:30 Afternoon Concert 6:30 At the Movies	30 9:30 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			November		 <p>Daylight Saving Time Ends</p>	<hr/> All Events Are Subject to Change <hr/>

BEYOND THE BOOK

Wednesdays and Thursdays
2, 3 and 4 pm
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 Sunday
3 & 4 pm
Great Room

TRIVIA

Tuesdays
2, 3 and 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



IT'S TIME TO FALL BACK!

Get ready for those dark skies on your drive home from work. It's time to change the clocks back one hour on the first Sunday of November.



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.
5. If you need help or have questions, feel free to ask a staff member.



NURSE'S NOTES



BOOST YOUR IMMUNITY

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a

stress hormone that can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.



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!



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



Rocking out on a Sunday!



Enjoying the music!



The life & times of Miranda Priestly.



Fresh flowers!



Friends.



Arranging a patio visit!

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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