

THE VILLAGE NEWS



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

AUGUST 2020



FROM THE DESK OF



MICHELLE MOROS

Executive Director

365 DAYS OF BV ALBANY

August 2019 - August 2020



August 2019 - Staff Appreciation



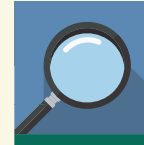
August 2019 - Two Year Anniversary



September 2019 - COF Excursion in SF



September 2019 - Happy Hour



STAFF DIRECTORY

Michelle Moros

Executive Director

mmoros@belmontvillage.com

Jacqueline Waldburger

Director of Sales & Marketing

jwaldburger@belmontvillage.com

Betty Eng

Community Relations

beng@belmontvillage.com

Joanna Phillips

Community Relations

jphillips@belmontvillage.com

Rachel Kelly

Community Relations

rkelly@belmontvillage.com

Liza Worden

Activity Programs Director

lworden@belmontvillage.com

Merryn Oliveira

Memory Programs Director

moliveira@belmontvillage.com

Marx Passos

Culinary Director

mpassos@belmontvillage.com

Ricky Rounds

Dining Room Manager

rrounds@belmontvillage.com

Zach Striplin

Director of Resident Care Services

zstriplin@belmontvillage.com

Sheila Green

Human Resources Generalist

slgreen@belmontvillage.com

Nolan Gonsalves

Building Engineer

ngonsalves@belmontvillage.com



HAPPY BIRTHDAYS

• • • RESIDENTS • • •

Ruth F.	August 2
Civia G.	August 5
Anne B.	August 7
Varson A.	August 9
Abby J.	August 10
Anne I.	August 18
Jean-Paul K.	August 18
Richard Z.	August 19
Sally L.	August 23
Elizabeth Z.	August 23
Hao C.	August 24
Susan C.	August 25
John M.	August 27
Barbara C.	August 29
Masao I.	August 30
Michael I.	August 30



October 2019 - Sid's 100th Birthday



October 2019 - Celebrating Diwali



October 2019 - Half Moon Bay



October 2019 - Celebrating Oktoberfest



WELLNESS WISDOM

Strengthening Your Immune System

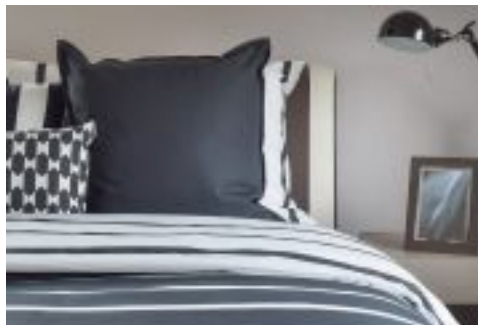
The immune system is made up of a network of cells and proteins that defend the body. It protects us from germs such as bacteria, viruses, or other foreign invaders that cause illness. The main job of the immune system is to fight infection and reduce the risk of contracting contagious diseases. There 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 contain vitamins and antioxidants that help boost the immune system, and promotes good health. Choose lean meats, and reduce intake of sugar, fat, and processed foods.

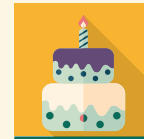
Get active - Engaging in moderate exercise helps strengthen the immune system. Regular physical activity aids the body fight infections. Thirty minutes of activity three times

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.



HAPPY BIRTHDAYS

• • • BVA TEAM • • •

Silvia P.	August 2
Veronica S.	August 3
Robert B.	August 11
Anna S.	August 14
Marx P.	August 15
Tenzin L.	August 15
Joycelyn J.	August 18
Karen T.	August 22
Jacqueline W.	August 25
Ana S.	August 26
Olivia N.	August 27
Paul H.	August 30
Frenchele E.	August 31
Erika S.	August 31



August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FITNESS CENTER

Open 24/7

2nd Floor, Between Elevators

Rehab Care: M-F 9am-5pm

The *Center for Life Enhancement*

Gym offers open gym equipment, weekly classes, personal training sessions, physical and occupational therapies and more!

CONCIERGE

24/7 Coverage

Front Desk, 1st Floor

Concierges are available to assist with transportation requests, excursion reservations, guest meal tickets, placing a maintenance work order and general information.

LIBRARY

Open 24/7

3rd Floor, Between Elevators

Visit the *Center for Learning*

where residents can borrow books or enjoy use of community computers.

WELLNESS CENTER

Open 24/7

3rd Floor, Between Elevators

Feeling under the weather or have a health question? Stop by the Nurses' Station!

Find us on 



November 2019 - Veteran's Day



December 2019 - Holiday Party



December 2019 - NYE Party



January 2020 - 1920's Admin Team



February 2020 - Lunar New Year



March 2020 - New Normal Smiles



March 2020 - The Daily Wave



March 2020 - Outdoor Dining



April 2020 - Mobile Happy Hour



April 2020 - Prepping the Garden



April 2020 - Heroes Work Here

TRANSPORTATION

— SUNDAY —

Religious Services &
Local Destinations
8:30 am - 3:00 pm

— MONDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— TUESDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— WEDNESDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— THURSDAY —

Excursion Transportation
& Local Destinations

— FRIDAY —

Local Destinations &
Medical Appointments
8:30 am - 5:00 pm

— SATURDAY —

Religious Services &
Local Destinations
12:00 - 4:00 pm

To request a transportation appointment, please see the Concierge Desk, 1st Floor or call at (510) 525-4554. Kindly note all appointments require a 48 hour notice & medical appointments will be prioritized.

BELMONT VILLAGE--THE COMMUNITY BUILT FOR LIFE!



May 2020 - Memorial Day



June 2020 - Celebrating PRIDE



July 2020 - New Garden Blooms



May 2020 - Happy Hour Dancing



June 2020 - Black Lives Matter



July 2020 - ZOOM Programming

BELMONT *Village*

SENIOR LIVING

ALBANY

1100 San Pablo Avenue
Albany, CA 94706

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.