

THE VILLAGE NEWS

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



AUGUST 2020

FROM THE DESK OF SADIE HARNNESS! EXECUTIVE DIRECTOR

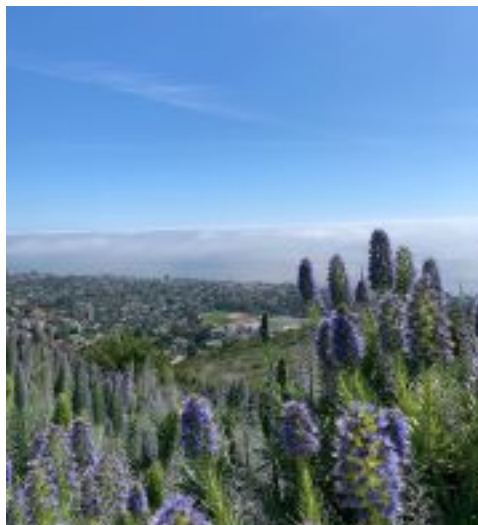
What a crazy summer! Believe it or not, during a pandemic, we are having a great time at Belmont Village! We have adjusted to a new way of living that includes built in social distance; scenic drives are a hit because you can be on an air conditioned bus and still enjoy the hot summer in Laguna Beach, and we have loads of entertainers on our patio. Cameron is even doing BBQs again, en masse so all staff and residents alike can enjoy some safe companionship.

Our patio and bistro visits are being scheduled routinely. We have celebrated birthdays and anniversaries, and we even had a gender reveal via Zoom this past quarter. Things may have changed outside Belmont, but I am happy to report we are safe and sound inside! As many of you are aware, we have welcomed a few new residents to Belmont Village after a lengthy quarantine and calculated negative COVID tests. This is not the normal process for us and I want to thank the Resident Council for staying so

patient with us as we welcome our new friends.

Music therapy via Zoom has been the sleeper hit of the summer. Both COF and the Neighborhood have gathered in small groups to participate in music therapy on the large screen televisions. I am stunned that we continue to find successful ways to engage and connect with one another through electronics. Amber dazzles with her daily exercises and yoga classes, and Brittany is now pouring as much wine as she is pouring paint in her Paint and Sip classes.

We are so very grateful that each of you has trusted us to care for your loved one. We hold that responsibility in the highest honor and take great pride in making Belmont Village a happy place to live and grow.



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CONCIERGE SERVICE

Should you need anything to make your new home more comfortable, please feel free to dial the concierge at (949) 643-1050. As a reminder, please contact the concierge to schedule all medical appointments and to sign up for all scenic drives. If you need personal shopping to be done, please give all lists to the concierge so one of our available drivers can go out for you. Please note, shopping will be done only on non doctor appointment days between scenic drives and is based on the driver's availability. It is strongly encouraged to have a family member provide you with necessary items.



Resident Meeting

- 8/6 Culinary Comments
- 8/7 New Resident Meeting
- 8/12 Resident Council Board Meeting
- 8/19 Resident Council
- 8/20 Culinary Comments

Resident Council

MEET YOUR 2020 BOARD MEMBERS!

Dominic Tarallo-President
 Mohamed Dessouky- VP
 Joann Braun-Treasurer
 Ruth Marley-Secretary
 Please reach out to any of the above board members if you have questions or concerns!

Dentist and Podiatrist Information

Our mobile dentist, Dr. Koo, is by appointment only and can be reached at:
(949) 274-9431

Our Podiatrist, Dr. Won, always services residents on the **first Friday of every month**. He can be reached at:
(510) 502-6046



FOR YOUR INFORMATION

The Podiatrist will be seeing Assisted Living residents from 12:00pm to 2pm in room 215 on the second floor. If you wish to see the Podiatrist, please sign up with the concierge.



Happy Birthday

RESIDENT BIRTHDAYS!

| | |
|------------|-------------|
| Pamela D. | August 11th |
| Ro C. | August 16th |
| Dominic T. | August 21st |

STAFF BIRTHDAYS

| | |
|---------------|-------------|
| Yuridia A. | August 4th |
| Hannah H. | August 10th |
| Ymani R. | August 10th |
| Yadira A. | August 11th |
| Antrenette I | August 12th |
| Jacqueline Y. | August 17th |
| Rosalina F. | August 17th |
| Samantha T. | August 27th |





Out & About

TRANSPORTATION SCHEDULE WITH COVID-19 RESTRICTIONS

As we continue to get our residents out and about, it's important to keep in mind that there can be no more than EIGHT people per ride to maintain social distancing and safety for everyone. This schedule is subject to change with the ongoing monitoring of COVID-19.

In regards to doctor appointments, transportation is NOT an on-demand service and is on a first-come, first-served basis. It is offered within a 12-mile radius of the community.

You must schedule any doctor visits with the concierge 48 hours prior to your appointment. Doctor drives occur only on Mondays and Wednesdays, 9:00am-4:00pm. If appointments fill up, we will gladly contact a Lyft for on-demand service.

If you are interested in going on one of our scenic drives, please sign up at the concierge.



SCENIC DRIVE SCHEDULE

Sunday: Circle of Friends in the morning. Leave at 11am. Two scenic drives will be given to the Neighborhood. One at 1:15pm and one at 3:30pm.

Monday: Doctor appointments only. 9:00am-4:00pm.

Tuesday: Assisted Living in the morning. Leave at 11am. Two scenic drives will be given to the Neighborhood. One at 1:15pm and one at 3:30pm.

Wednesday: Doctor appointments only. 9:00am-4:00pm.

Thursday: Assisted Living in the morning. Leave at 11am. Two scenic drives will be given to the Neighborhood. One at 1:15pm and one at 3:30pm.

Friday: Assisted living in the morning. Leave at 11am. Circle of Friends in the afternoon. Leave at 2:00pm. Neighborhood at 3:30pm.

Saturday: Assisted Living in the morning. Leave at 11am. Two scenic drives will be given to the Neighborhood. One at 1:15pm and one at 3:30pm.

CLUB SCHEDULES!

Cocktail Club Monday @ 4pm
 Drama Club Tuesday @ 11am
 Paint and Sip Wed @ 1:30pm
 Water Aerobics Wed @ 3pm
 Tech Club Thurs @ 3:30pm
 Gardening Club Friday @10am







A WALK TO END ALZHEIMER'S DISEASE!

Get your legs into gear and start steppin'! These upcoming weeks our residents will be working hard creating different arts and crafts for purchase to support and raise money for our Belmont Village team's annual walk! You can show your support by buying these items! All proceeds will go to our team and their fight to end Alzheimer's disease.

WALKING MAY PREVENT DEMENTIA

Dodging dementia may be as simple as taking a walk. A study from the University of Pittsburgh found that walking about six miles a week seems to protect seniors from brain shrinkage and cut their risk of developing memory and thinking problems in half.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| <div style="background-color: #d3d3d3; padding: 5px; margin-bottom: 5px;">All Events Are Subject to Change</div>  <p>2</p> <p> 9:15 CE Stretch with Patricia ❤️ 10:00 TH Yoga with Amber! ❤️ 3:00 SR Afternoon Movie! 🌿 3:00 GR Ice Cream Sundae Social with Entertainment! 🍷 7:00 SR Evening Movie! 🌿 </p> |  <p>3</p> <p> 10:00 TH Yoga with Amber! ❤️ 1:00 PO Open Swim! ❤️ 3:00 SR Afternoon Movie! 🌿 3:00 GR Tea Time with Sadie and Brittany! 🌿 4:00 PA Cocktails with Brittany! 🍷 7:00 SR Evening Movie! 🌿 </p> |  <p>4</p> <p> 9:00 TH Yoga with Amber! ❤️ 9:15 CE Exercise with Stacia ❤️ 10:30 GR Outdoor Walk ❤️ 11:00 B Belmont Drama Club! ✓ 1:00 PO Open Swim! ❤️ 3:00 SR Afternoon Movie! 🌿 3:00 PA Happy Hour! 🎶 7:00 SR Evening Movie! 🌿 </p> |  <p>5</p> <p> 9:15 CE Stretch with Stacia ❤️ 10:00 TH Yoga with Amber! ❤️ 1:00 B Board Games 1:30 TH Paint and Sip With Brittany! 🌿 3:00 SR Afternoon Movie! 🌿 3:00 PO Water Aerobics with Brittany! ❤️ 7:00 SR Evening Movie! 🌿 </p> |  <p>6</p> <p> 9:15 CE Exercise with Stacia ❤️ 10:00 TH Yoga with Amber! ❤️ 1:00 PO Open Swim! ❤️ 2:00 JK Culinary Comments with Chef 3:00 SR Afternoon Movie! 🌿 3:00 PA Happy Hour! 🎶 3:30 TH Technology Club ✓ 7:00 SR Evening Movie! 🌿 </p> |  <p>7</p> <p> 9:15 CE Chair Yoga with Stacia ❤️ 10:00 PA Gardening Club 🌿 11:00 PA Mini Golf! ❤️ 1:00 PO Open Swim! ❤️ 1:30 B New Resident Welcome Meeting 🗓️ 2:00 TH BINGO! 🌿 3:00 SR Afternoon Movie! 🌿 3:30 GR Trivia with Kari! 🌿 7:00 SR Evening Movie! 🌿 </p> | <p>8</p> <p> 9:15 CE Stretch with Stacia ❤️ 10:00 TH Yoga with Amber! ❤️ 10:30 B Table Games ■ 3:00 SR Afternoon Movie! 🌿 7:00 SR Evening Movie! 🌿 </p> |
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Activities



Pamela is a rock star at mini golf! the "no balls in the house" does not apply here!



Helen and Suzanne enjoying our daily paint and sip class! They are natural artists!



Dana enjoys her daily dip in the pool every Wednesday!!



Chef Aziz and Cameron grilling for residents!

THE 4TH OF JULY AT BELMONT VILLAGE, ALISO VIEJO!

The 4th of July was celebrated as usual with some modifications! We had a Belmont BBQ with the help of our two amazing chefs, Cameron and Aziz! They grilled classic cheeseburgers, hot dogs and opted for fan favorite sides such as macaroni salad, potato salad and fresh watermelon. Additionally, residents enjoyed a themed 4th of July cocktail with red and blue flare!



Bobbi enjoying open swim!



Betty gets an A+ in Technology Club! She has mastered the Zoom skill!



Eduardo making 4th of July cocktails!



Our gardening club works daily to keep our garden alive and thriving!





A LETTER FROM OUR DRCS, SHEREE ADDISON

HOW TO STAY SAFE DURING A PANDEMIC

As I try and get acclimated to our new normal by social distancing, wearing a mask while out in public and self-monitoring for any changes in my own health, I found out that throwing myself on the ground kicking and screaming will not make the Coronavirus go away faster. I, like many others, have questioned the validity of every article that I have read and reports that I have seen on television. As the tide changes so does the information on what is the latest best practice. As a nurse, it is my job to know the dos and don'ts of mask wearing and whether or not we should isolate someone out of fear that the Corona has gotten into our building, amongst other things. As a daughter I find myself dealing with two COVID positive parents and no way to see them other than through FaceTime from 2½ hours away. A feeling of anxiety, fear and a touch of depression has risen its ugly head. Something we all probably can attest to.

CONTINUED....

With all of the mixed information from different sources, a novice would have a hard time trying to figure out how to keep themselves safe. I myself had to go back thirty years to find the answer. It's the one thing that every article, news report, and digital billboard all agree on. It's actually rather simple and we've all been doing it from the time that we were two or three years old. Yes, you guessed it...**WASHING OUR HANDS!** Washing my hands was one of the first things I learned to do as a child.

According to the Centers for Disease Control and Prevention, many diseases and other conditions are spread by not washing hands with soap and clean water. To put this in the right perspective, on average, a person touches their face at a rate of 16 times an hour. With that being said, unless you hold your hands up in the air and never touch any objects or surfaces, the chances of you touching your face after an encounter with an unknown object is quite high. Washing your hands can reduce episodes of diarrhea by upward of 40% and respiratory illness by 21%. With this bit of information in tow, we are able to conclude the importance of hand washing and why we must do it and teach others to do it as well.

Now that you know what to do to aid in keeping safe, here are a few tips on how to do it...

- Take off any jewelry that you have on your hands and wrists.
- Turn on the faucet to a temperature that is warm to the touch.
- Without touching the faucet or sink, wet your hands and wrists before adding soap.
- Add soap to your hands and wrists working up a lather.
- Wash your palms, the back of your hands and wrists, in between your fingers and under your fingernails for at least 20 seconds. (Sing Happy Birthday slowly twice.)
- Rinse your hands and wrists letting the water run in a downward direction without touching the sink or faucet.
- Remember to turn off the faucet with a dry towel. (Germs can be transmitted through a wet towel.)
- If there is a door handle, remember to not use your clean hands to open the door.

Special tip: Always remember to wash your hands before and after eating a meal. Before and after using the restroom. Before and after pumping your gas and anytime you come in contact with public surfaces.

Stay Safe and Stay Healthy,
Sheree Addison, LVN C-AL
Director of Resident Care
Services

THE BELMONT SCENE



Ruth is a mini golf pro!



Hooshie and Mohamed enjoy a classic whiskey sour from cocktail club!



Harvey enjoying happy hour outside!



Jessica enjoys a puzzle outdoors!



Don and Ruth enjoy Christmas in July!



Jim made Santa's naughty list!

BELMONT *Village*

SENIOR LIVING

ALISO VIEJO

300 Freedom Lane
Aliso Viejo, CA 92656

RCFE License Pending

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



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