

# THE VILLAGE NEWS

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



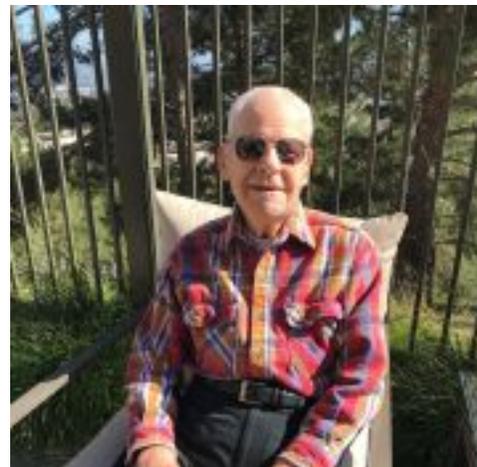
SEPTEMBER 2020



*Pamela has great golfing skills!*



*BB and Mohamed love enjoying the beautiful weather together!*



*Bernie enjoys the summer sun!*



*Rosemary got a visit from a special furry friend!*



*We will miss you, Sadie!!*



## STAFF DIRECTORY

### Sadie Harness

Executive Director  
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### Brittany Helfrick

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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.

### 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

## REHABCARE PLUS

Providing personal and unique services.

Please reach us at:  
1-949-310-3513 (cell)  
1-949-269-7920 (efax)  
noraln.reyes@rehabcare.com




## Resident Meeting

Resident Council Meetings are held the second Wednesday of each month for the board and the third Wednesday of the month for the community.

### 2020 Board Members

Dominic Tarallo- **President**  
Mohamad Dessouky-**VP**  
Joann Braun- **Treasurer**  
Suzanne Richie- **Secretary**  
Ruth- **1st floor Ambassador**  
Joann- **2nd floor Ambassador**  
Neal- **3rd floor Ambassador**

## MARK YOUR CALENDARS!

9/3 Culinary Comments  
9/7 Activity Comments  
9/9 Res Council Board Meet  
9/16 Res Council Comm. Meet  
9/17 Culinary Comments  
9/21 Activity Comments



## RESIDENT BIRTHDAYS

9/1	Marina O.
9/8	Louis S.
9/17	Arlene L.
9/30	James R.

## STAFF BIRTHDAYS

9/3	Nicole H.
9/13	Leah H.
9/14	Shayne H.
9/23	Margarita B.
9/23	Sidney G.
9/26	Zariah A.
9/27	Sisa M.



## SEPTEMBER'S EMPLOYEE OF THE MONTH AWARD GOES TO JACKIE YENCER!!

Jackie works as a PAL in the Neighborhood, 3rd shift. She is retired military (Navy) and has devoted her life after coming home from Afghanistan and Iraq safely to helping those in need, particularly, our seniors. Jackie works tirelessly for us while holding down another private caregiver job. One of her favorite things to do is travel! Congratulations, Jackie!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:15 <span style="color: red;">CE</span> Exercise with Stacia ♥</p> <p>9:30 <span style="color: green;">GR</span> Daily Horoscope Reading with Brittany! ✓</p> <p>11:00 <span style="color: blue;">B</span> Belmont Drama Club! ✓</p> <p>1:00 <span style="color: blue;">PO</span> Open Swim! ♥</p> <p>3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌱</p> <p>3:00 <span style="color: red;">PA</span> Happy Hour! 🎵</p> <p>7:00 <span style="color: blue;">SR</span> Evening Movie! 🌱</p>	<p>9:15 <span style="color: red;">CE</span> Stretch with Stacia ♥</p> <p>9:30 <span style="color: green;">GR</span> Daily Horoscope Reading with Brittany! ✓</p> <p>10:00 <span style="color: purple;">TH</span> Yoga with Amber! ♥</p> <p>11:00 <span style="color: red;">PA</span> Mini Golf! ♥</p> <p>1:30 <span style="color: purple;">TH</span> Paint and Sip With Brittany! 🌱</p> <p>3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌱</p> <p>3:00 <span style="color: blue;">PO</span> Water Aerobics with Brittany! ♥</p> <p>7:00 <span style="color: blue;">SR</span> Evening Movie! 🌱</p>	<p>9:15 <span style="color: red;">CE</span> Exercise with Stacia ♥</p> <p>9:30 <span style="color: green;">GR</span> Daily Horoscope Reading with Brittany! ✓</p> <p>10:00 <span style="color: blue;">PO</span> Open Swim! ♥</p> <p>2:00 <span style="color: green;">JK</span> Culinary Comments with Chef</p> <p>2:00 <span style="color: purple;">TH</span> Ladies' Spa Day! Manicures! 🌱</p> <p>3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌱</p> <p>3:00 <span style="color: red;">PA</span> Happy Hour! 🎵</p> <p>3:30 <span style="color: purple;">TH</span> Technology Club ✓</p> <p>7:00 <span style="color: blue;">SR</span> Evening Movie! 🌱</p>	<p>9:15 <span style="color: red;">CE</span> Chair Yoga with Stacia ♥</p> <p>9:30 <span style="color: green;">GR</span> Daily Horoscope Reading with Brittany! ✓</p> <p>10:00 <span style="color: red;">PA</span> Gardening Club ■</p> <p>1:00 <span style="color: blue;">PO</span> Open Swim! ♥</p> <p>1:30 <span style="color: blue;">B</span> New Resident Welcome Meeting 🌱</p> <p>2:00 <span style="color: purple;">TH</span> BINGO! with Brittany 🌱</p> <p>3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌱</p> <p>7:00 <span style="color: blue;">SR</span> Evening Movie! 🌱</p>	<p>9:15 <span style="color: red;">CE</span> Stretch with Stacia ♥</p> <p>9:30 <span style="color: green;">GR</span> Daily Horoscope Reading with Emily! ✓</p> <p>10:00 <span style="color: purple;">TH</span> Yoga with Amber! ♥</p> <p>11:00 <span style="color: blue;">B</span> Men's Club! ■</p> <p>3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌱</p> <p>7:00 <span style="color: blue;">SR</span> Evening Movie! 🌱</p>
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## HEALTH CARE BILL AND ALZHEIMER'S DISEASE

Even critics of the much-debated health care reform bill concede that its enactment will change the lives of many Americans. Those who have a loved one with Alzheimer's disease may see more changes than others.

*Cures Acceleration Network.* The time between promising laboratory research and an actual treatment can be significant. This initiative aims to reduce that time by increasing funding for research that aims to translate discoveries into treatments.

*Family caregiver assistance.* Additional funding will be provided to geriatric education centers that offer at least two free or minimally expensive caregiver seminars a year.

*Increased funding for at-home care.* Federal funding will be increased for state Medicaid programs that support home-based services that allow individuals to stay at home longer.

*Measures to increase care cooperation.* For many individuals with Alzheimer's, the disease is only one of several medical conditions for which they receive treatment. The new health care legislation features a number of initiatives to improve coordination of care to enhance the quality of care rendered and reduce the costs associated with that care.

For more information on the new health care legislation and how it may affect those coping with an Alzheimer's diagnosis, go to [www.Alz.org](http://www.Alz.org).

## LET'S TALK FOOTBALL! 3 THINGS YOU NEED TO KNOW

Football season is underway, so make sure you're familiar with a few common terms you'll probably hear while watching a game:

1) *Fair catch.* A player in position to receive a punt signals for a fair catch by raising his arm above his head and waving it. Once a fair catch is signaled, the receiver cannot advance the ball, and the other team's players are not allowed to tackle him.

2) *Lateral.* A pass that goes sideways or backward is called a lateral. A team can lateral as many times as it likes on a play, and laterals can occur anywhere on the field.

3) *Shift.* The movement of two or more offensive players at the same time before the football is snapped is called a shift.

## ARTS AND CRAFTS FOR A CAUSE!

Please join Brittany in Town Hall on the second floor every Monday at 11am. You will have the option to donate any items made to sell and raise money. All proceeds will be made to the Walk to End Alzheimer's Association! Some arts and crafts we will be making are Button Trees, Jewelry Dishes, Painted Rocks, Sun Catchers, Hand-Painted Pictures and much, much more! Please join us and let your creativity shine for a good cause!



## FALL INTO SEPTEMBER

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



Mohamed helps to make face masks for a fundraising event!



## LADIES' SPA DAY!

Do you like being pampered? Join Brittany in Town Hall on the second floor every Thursday at 2pm to get a manicure or face mask! No matter your style, there is an array of beautiful colors to fit any personality, whether you like hot pink or bright yellow! Additionally, you can choose from a variety of six masks that will meet your individual skin needs. Some options include a cucumber gel mask extreme de-tox and hydrator, pumpkin enzyme mask enzymatic dermal resurfacer, Irish moor mud purifying black mask, 24k gold mask pure luxury lift and firm, and rose stem cell bio-repair gel mask.

## 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.



*Our Neighborhood ladies receive some pampering from our amazing PALS!*

## WE ARE PERSEVERING TOGETHER!



*Robin and her husband, Neal, enjoy happy hour together despite quarantine.*

## REMEMBER WHEN?



*Dominic started growing his sunflower in May*



*His sunflower now!! AMAZING!*

In a few short months, Dominic's sunflower blossomed into a full blown beauty! Patience, care, and the right amount of nutrients gave this living plant a chance to thrive. It is important to remember those basic principles when it comes to taking care of ourselves. Eating the right foods, drinking enough water, exercising and getting enough sleep will help YOU blossom and reach your best possible self!

# THE BELMONT SCENE



*Our Circle of Friends!*



*Ruth is so proud of Dominic!*



*A smile is our best accessory!*



*Just the right challenge!*



*Maria has all the dance moves!*



*Bernie enjoyed the antiques road show!  
Thank you, Leah!*

## BELMONT *Village*

### SENIOR LIVING

ALISO VIEJO

300 Freedom Lane  
Aliso Viejo, CA 92656

RCFE License #306005563

### 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

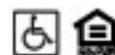
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



[belmontvillage.com](http://belmontvillage.com)



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