

# THE VILLAGE NEWS

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



DECEMBER 2020

## A LETTER FROM OUR EXECUTIVE DIRECTOR, LOGAN COOLEY!

Hello to all our residents, families and loved ones. I am so excited for the upcoming holidays. It is by far my favorite time of year! With all the drama and turmoil in our world and nation, I feel so thankful for our community and the escape it can be from these outside worries. I am grateful for the dedicated and incredible staff here who come to work with happy faces ready and willing to serve our community. I hope this season is one of joy and wellbeing. Thank you for your continued trust and support in our team here. We look forward to a wonderful month and a new year around the corner!



## FROSTY FIGURES

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.

After a substantial snowfall, you'll often spot a snowman, decorated with accessories ranging from the traditional to whimsical—carrot nose optional!

## STAFF DIRECTORY

### Logan Cooley

Executive Director  
(949) 362-6902

[Lcooley@BelmontVillage.com](mailto:Lcooley@BelmontVillage.com)

### Sheree Addison

Director of Resident Care Services  
(949) 362-6905

[Saddison@BelmontVillage.com](mailto:Saddison@BelmontVillage.com)

### Leah Hadley

Memory Programs Coordinator  
(949) 362-6910

[Lhadley@BelmontVillage.com](mailto:Lhadley@BelmontVillage.com)

### John Lachey

Building Engineer  
(949) 362-6911

[Jlachey@BelmontVillage.com](mailto:Jlachey@BelmontVillage.com)

### Paula Lemkuil

Director of Business Development  
(949) 643-1050

[Plemkuil@BelmontVillage.com](mailto:Plemkuil@BelmontVillage.com)

### Julia Naranjo

Community Relations  
(949) 643-1050

[Jnaranjo@BelmontVillage.com](mailto:Jnaranjo@BelmontVillage.com)

### Brittany Helfrick

Activity Programs Coordinator  
(949) 362-6909

[Bhelfric@BelmontVillage.com](mailto:Bhelfric@BelmontVillage.com)

### Ahmad Salama

Chef Manager  
(949) 362-6912

[Asalama@BelmontVillage.com](mailto:Asalama@BelmontVillage.com)

### Jessica Payan

Human Resources Generalist  
(949) 362-6903

[Jpayan@BelmontVillage.com](mailto:Jpayan@BelmontVillage.com)

## THE CONCIERGE IS HERE TO HELP!

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



## 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

## WE ARE CURRENTLY SEEKING NEW BOARD MEMBERS FOR 2021!

If you would like to nominate a resident for resident council or you would like to join, please let Brittany know!



## MEET OUR NEW CHEF! AHMAD!

Ahmad joined Belmont Village In October of 2020. He has a background in Mediterranean and Southern Cuisine. Ahmad was working in New Orleans, Louisiana prior to coming here. He likes to learn about food, culture, and the arts. In his free time, he likes to spend time with his family and go fishing.



*Congratulations Eduardo!*

## EMPLOYEE OF THE MONTH!

“Eduardo shines like a bright light in our community even in these dark times. I can rely on him to show up on time and with a smile on his face, even though it is covered up with a mask! Our residents rely on him to pick up essentials they no longer can no matter how odd the request. He helps our community with miscellaneous tasks and ensures our residents still get to see the beach. He goes above and beyond his job description, and I couldn't ask for a better employee and friend.” -Brittany

## 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 regard 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.



## BV AV SCENIC DRIVE SCHEDULE!

**Sunday:** Assisted Living in the morning. Leave at 11am. Neighborhood scenic drive. Leave at 1:30pm.

**Monday:** Doctor appointments only. 10:00am-5:00pm.

**Tuesday:** Assisted Living in the morning. Leave at 11am. Neighborhood scenic drive. Leave at 1:30pm.

**Wednesday:** Doctor appointments only. 10:00am-5:00pm.

**Thursday:** Assisted Living in the morning. Leave at 11am. Circle of Friends scenic drive. Leave at 1:30pm.

**Friday:** Circle of Friends scenic drive. Leave at 2:30pm.

**Saturday:** Assisted Living in the morning. Leave at 11am.



*Evie knows how to have fun on Halloween!*

## DAILY CLUBS AND ACTIVITIES!

Monday ..... Bingo @ 2pm  
Cocktails @ 4pm  
Tuesday ..... Drama Club @ 11am  
Wednesday ..... Paint/Sip @ 1:30pm  
Travelogue every other  
Trivia @ 3pm  
Thursday ..... Tech Club @ 4pm  
Friday ..... Garden Club @ 10am  
Bingo @ 2pm  
Saturday ..... Men's Club @ 11am

## SPA DAY!

11/5 ..... @2pm, manicures  
11/12 ..... @2pm, face masks  
11/19 ..... @2pm, manicures  
11/26 ..... @2pm, face masks

## YOGA WITH AMBER!





Saturday ..... @10am  
Sunday ..... @10am  
Wednesday ..... @10am

## ENTERTAINMENT!

Every Tuesday ..... @3pm  
Every Thursday ..... @3pm  
Every Sunday ..... @3pm



*Bogart and Boyd put on a special performance for our Veterans!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 <span style="color: red;">CE</span> Exercise with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 11:00 <span style="color: blue;">B</span> Belmont Drama Club! ✓ 1:00 <span style="color: blue;">OD</span> Walking Club with Brittany! ✓ 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 3:00 <span style="color: red;">PA</span> Happy Hour! 🎵 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	2 9:15 <span style="color: red;">CE</span> Stretch with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 1:30 <span style="color: purple;">TH</span> Paint and Sip With Brittany! 🌿 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 3:00 <span style="color: purple;">TH</span> Trivia! 🌿 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	3 9:15 <span style="color: red;">CE</span> Exercise with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 2:00 <span style="color: purple;">TH</span> Spa Day! 🌿 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 3:00 <span style="color: red;">PA</span> Happy Hour! 🎵 4:00 <span style="color: purple;">TH</span> Technology Club ✓ 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	4 9:15 <span style="color: red;">CE</span> Chair Yoga with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 10:00 <span style="color: red;">PA</span> Gardening Club ■ 11:00 <span style="color: blue;">PO</span> Open Swim with Logan! ✓ 2:00 <span style="color: purple;">TH</span> Bingo with Brittany! 🌿 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	5 9:15 <span style="color: red;">CE</span> Stretch with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 10:00 <span style="color: purple;">TH</span> Yoga with Amber! ♥ 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿
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27 9:15 <span style="color: red;">CE</span> Sunday Stretch ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 10:00 <span style="color: purple;">TH</span> Yoga with Amber! ♥ 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	28 9:15 <span style="color: red;">CE</span> Monday Stretch ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 2:00 <span style="color: purple;">TH</span> Bingo with Brittany! 🌿 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 4:00 <span style="color: blue;">B</span> Cocktails with Brittany! 🍴 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	29 9:15 <span style="color: red;">CE</span> Exercise with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 11:00 <span style="color: blue;">B</span> Belmont Drama Club! ✓ 1:00 <span style="color: blue;">OD</span> Walking Club with Brittany! ✓ 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 3:00 <span style="color: red;">PA</span> Happy Hour! 🎵 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	30 9:15 <span style="color: red;">CE</span> Stretch with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 1:30 <span style="color: purple;">TH</span> Paint and Sip With Brittany! 🌿 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 3:00 <span style="color: purple;">TH</span> Trivia! 🌿 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	31 9:15 <span style="color: red;">CE</span> Exercise with Stacia ♥ 9:30 <span style="color: green;">GR</span> Horoscope Reading! 🌿 2:00 <span style="color: purple;">TH</span> Spa Day! 🌿 3:00 <span style="color: blue;">SR</span> Afternoon Movie! 🌿 3:00 <span style="color: red;">PA</span> Happy Hour! 🎵 4:00 <span style="color: purple;">TH</span> Technology Club ✓ 7:00 <span style="color: blue;">SR</span> Evening Movie! 🌿	  <p><b>All Events Are Subject to Change</b></p>	

## MEET OUR NEW RESIDENTS! WELCOME!



*Welcome Frank!*



*Meet Irene!*



*Meet Ben!*

## 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.
- Cloth face coverings need to be washed at least once daily. 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).



*Meet Michael!*



*Meet Judy!*

## BRUSH WITH GREATNESS

In the winter of 1950, a unique boxed set of greeting cards went on sale across the U.S. and proved to be very popular. The cards featured the oil paintings of a legendary world leader, former British Prime Minister Winston Churchill. His self-taught hobby resulted in more than 500 works, many of them landscapes and still lifes. Hallmark Cards founder J.C. Hall met Churchill in 1946, and later convinced the statesman to share some of his artwork by reproducing it on cards, calendars and other products.



*Kristi and James enjoy a good laugh!*



## DEAR RESIDENTS AND FAMILIES

This holiday season is a time of the year for us to reflect on life's blessings and how our lives have been enriched throughout the year.

As most of you are aware, Belmont Village has an established no-tipping policy in place, an industry standard. The Employee Appreciation Fund was established to provide a way for our residents and families to recognize and thank our employees. While contributions are voluntary, the Employee Appreciation recognizes all 70 of our non-management staff for a job well done throughout this difficult year. Below we have outlined some suggested amounts that have been

donated by residents in the past years.

\$1000, \$800, \$600, \$400, \$300, \$200, \$100, and \$50.

If you are able to contribute to this year's fund, please make your check payable to Belmont Village. Please turn in your contributions at our Concierge desk. The due date is December 14th, 2020. The total amount collected is divided among non-management staff and given in the form of Visa gift cards.

Thank you for your generosity. Our warmest wishes to you and your loved ones during this holiday season!

## GEOGRAPHY 101: JAPAN'S SNOW MONSTERS

Each winter, an army of towering monsters takes over the upper slopes of the Zao mountain range in northern Japan. Known as *juhyo* in Japanese, the monsters are actually hundreds of fir trees covered in thick layers of snow and ice created from seasonal storms and fierce Siberian winds. The snowy figures resemble fantastical creatures looming over the winter wonderland. Visitors can view the snow monsters by way of cable car rides to an observation area and also hike or ski among the formations. At night, colorful lights illuminate the dramatic landscape.

## KEEPING HOLIDAY ACTIVITIES SAFE

Holiday celebrations will likely look different this year due to the pandemic. However, you can still enjoy some traditional fun while staying safe.

The following activities are considered low-risk for getting or spreading COVID-19, according to the Centers for Disease Control and Prevention:

- Decorating your home
- Having a small holiday dinner with only the members of your household
- Taking part in virtual gatherings
- Streaming movies and watching other events on TV
- Shopping online

Moderate-risk activities include:

- Hosting or attending a small outdoor gathering with family and friends, while wearing masks and social distancing
- Traveling by car for short distances (Keep in mind that your risk increases the farther from home you travel.)

The CDC recommends avoiding these higher-risk activities:

- Hosting or attending large dinners or parties
- Shopping in crowded stores
- Traveling long distances by bus, train or airplane

For more holiday and travel guidelines, visit [CDC.gov](https://www.cdc.gov).

**BELMONT** *Village*  
SENIOR LIVING

# WE ARE PERSEVERING TOGETHER!



*And we have another pro golfer!*



*Michael dressed up in his Army uniform for Veterans Day!*



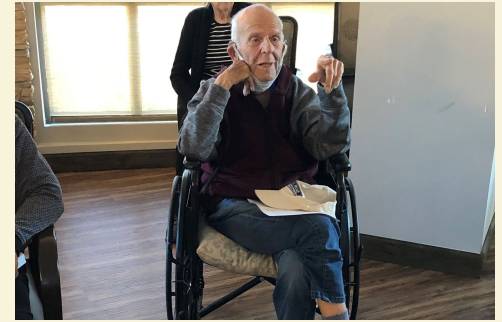
*Ruth showing off her green beans!*



*Ro enjoys a paint and sip!*



*Betty and Brittany looking at an old military picture.*



*Jim, a WWII veteran, shares his remarkable story. Thank you for your service!*

## 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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