



Belmont Village at Cardiff by the Sea

VillageNEWS

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A Publication of Belmont Village for Residents, Staff, Family and Friends

October 2015

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Sadie's Corner

Diversity: the state of having people who are different races or who have different cultures in a group or organization (Merriam-Webster).

We certainly are a diverse group of residents, family members and staff at Belmont Village. Every time I speak to a group of staff, I am shocked at the varied backgrounds, the nationalities, and the cultural heritage variety that each of us brings to Belmont Village. It is the same for our residents. Aside from the obvious religious differences (we are approximately 50% Jewish, 50% Christian), we have people from all over the world who call Belmont Village home.

I asked the staff to tell me in what ways we are different from one another. I got answers like religion, nationality and age. Among our residents, we have residents in their 60s and some in their 90s (that's a 30-year time span), some of you were soldiers in the war, some went to university, some are democrats, and some republicans. It is clear that each of us is different from one another, but it is our differences that make us stronger, that unify us as a group.

I found an old book entitled, Your Neighbor Celebrates by

Arthur Gilbert and Oscar Tarcov. In it I found a beautiful passage I'd like to share. "Here in America, we do not let our different beliefs keep us from living in peace and harmony with our neighbor. All our religions insist that we respect the dignity of man, and treat our neighbors as brothers. We are all created by one God. This religious concept of the brotherhood of man under the fatherhood of God is basic to our American democracy. It is the idea that has enabled Americans of many races, religions and ethnic origins to work together and build a just society. Each individual, in his own way, has contributed to America, and it is the contributions of all that have made America strong." It is the individual contributions of each resident and staff member that make Belmont Village a warm and welcoming place to live. Thank you for bringing your uniqueness to Belmont Village. Individually, we are small; together we are strong.





October Happy Hours

10/1 Robert Hardaway
10/8 Blue Zone Group
10/15 Billy Harper Band
10/22 MusicStation
10/29 Bayou Brothers

Salon Hours

9 a.m.–4 p.m., Tuesday through Friday, Located on 3rd Floor. Please schedule directly with the Salon. (760) 632-4667.

Monthly Support

“Support” resources are open to all—drop-in and free.

Optometry/Podiatry are by appointment only via our nurses (Wellness Center, 2nd Floor).

Hearing Aid Support

Second and Fourth Thursdays, 3 p.m., (CR, L2)

Podiatrist In-House

Third Thursday, 10 a.m. Assisted and Independent Living (CR, L2)

1:30 p.m. Neighborhood

Parkinson’s Support

First Wednesday, 1 p.m. (TH)

Things to Remember

Doctor Drives

Tuesdays (North)

Thursdays (South)

*15-mile radius (each way)

*48-hour advance notice

Dry Cleaning

Pickup/Drop-Off:

8 a.m. Mondays and Thursdays

Church Runs

Sundays: 8:30 a.m.- 12 p.m.

October Outings

Sat., Oct. 3, at 3 p.m.

Alzheimer’s Walk

We will hop aboard the Belmont bus in route to the Oceanside Pier. The walk benefits the Alzheimer’s Association.

Wed., Oct. 7, at 1 p.m.

San Diego Zoo

We will be taking a bus tour of the world-famous San Diego Zoo. After finishing the tour, we are free to roam around and check out the other exhibits.

Thurs., Oct. 8, at 4 p.m.

Casual Dinner with Robert

Since our monthly dinner with Robert is so popular, we have decided to add a second more casual dinner. First restaurant we will be trying is Urban Pie in Del Mar.

Wed., Oct. 14, at 10:30 a.m.

Lunch Outing

The Fish Market has beautiful

views of the San Diego harbor, the USS Midway, and great food!

Sun., Oct. 18, at 1 p.m.

Coastal Communities Concert Band

This month the CCC Band will be playing hits like: Moondance, Fandango, Danzon and many more.

Wed., Oct. 21, at 4:30 p.m.

Dinner with Robert

Chandler’s is located across the street from the beach in Carlsbad. Join us for a delicious meal, great company and beautiful views.

Fri., Oct. 23, at 10 a.m.

Trip to the Casino

Get your gambling money ready as we head to Valley View. Enjoy a day of slots, cards and a filling buffet!

Wed., Oct. 28, TBD

Movie Outing

Movie will be chosen closer to the date.

Employee of the Month

Congratulations to our PAL, Sharon! Sharon was born in the Philippines. She graduated with a bachelor’s degree in communications. After working in the Philippines for awhile, she moved to San Diego and met her husband! Sharon loves adventures, nature and all things outdoors. She feels grateful and proud to be a part of the Belmont team! Her personal motto is, “Problems are not a reason to give up, but a challenge to improve myself, not an excuse to back out, but an inspiration to move forward.” Thank you, Sharon, for your hard work!



Sharon is full of positivity!

Did You Know?

Column by

Ginny M. and Sophie S.

In Webster’s dictionary the word, *Quote* is described as follows: to repeat or reproduce the words of.

Why are we so compelled to quote other people’s words and sayings? We possibly enjoy this because they succinctly summarize our thoughts and feelings about life. They can inspire us, move us and motivate us to enhance our own lives.

We have included some noteworthy quotes from famous people to inspire you!

Maya Angelou-“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Franklin Delano Roosevelt-“Do something. If it works, do more of it. If it doesn’t, try something else.”

William Shakespeare-“There are 3 people in yourself... who people think you are, who you think you are, and who you really are.”

Anne Frank-“People can tell you to shut up but they can’t keep you from having an opinion.”

Winston Churchill-“We make a living by what we get, but we make a life by what we give.”

Aesop-“No act of kindness, no matter how small is ever wasted.”

Lyndon B. Johnson-“If we are to

live together in peace, we must know each other better.”

Oscar Wilde- “Always forgive your enemies; nothing annoys them so much!”

Eleanor Roosevelt- “It is not fair to ask of others what you are not willing to do yourself.”

Leo Tolstoy- “Freethinkers are those who are willing to use their minds without prejudice and without fearing to understand things that clash with their own customs, privileges or beliefs. This state of mind is not common but it is essential for right thinking.”

Wayne Dyer- “When you judge another, you do not define them, you define yourself.”

In closing, quotes help us all to identify with the author in some small way. They make us feel a human connection through words, whether they are serious and profound, or humorous like Woody Allen. Enjoy his closing quote!

Woody Allen-“There are worse things than death. Have you ever spent an evening with an insurance salesman?”



Maya Angelou was and still is an inspiration through her words and actions.

Life’s Great at the Coast!



Eloiza C. and Boats B. dancing the day away!



Lea D. and her beautiful family at the Luau.



The residents enjoying pies at Betty’s Pie Whole in Encinitas.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Southbound Doctor Drives 1 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:15 TF Bridge 🌿 3:00 B Happy Hour: Robert Hardaway 7:00 SR Evening Movie	2 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 3:15 TH Nancy's Taste & Learn 🌿 4:00 SR Armchair Astronomy: Asteroids-Rocks From the Sky 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	3 9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:00 <i>Outing: Alzheimer's Walk at the Oceanside Pier</i> ✓ 3:00 GR Sheldon at the Piano 4:00 Communion Room Visits 7:00 SR Evening Movie
4 8:30 Church Runs ✓ 9:30 TH Trivia 🌿 11:00 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 <i>Scenic Ride</i> ✓ 3:00 GR Renata at the Piano 7:00 SR Evening Movie	5 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 SR Music Appreciation 🌿 10:30 P Aqua Aerobics 1:30 TH Laughing with Robert 🌿 3:00 TH Stone Age Doctor: Minerals: Are You Getting What You Need? 🌿 7:00 SR Evening Movie	6 Northbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 1:15 TH BINGO 2:30 TH Activity Planning/ MBA Meeting 🌿 7:00 SR Evening Movie	7 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 1:00 <i>Outing: San Diego Zoo</i> ✓ 2:00 GR Scrabble 3:15 GR Sing-a-long with Randi 🌿 7:00 SR Evening Movie	8 Southbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:15 TF Bridge 🌿 3:00 B Happy Hour: Blue Zone Group 4:00 <i>Outing: Casual Dinner w/Robert</i> ✓ 7:00 SR Evening Movie	9 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 4:00 SR Armchair Astronomy: Pluto: New Horizons 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	10 9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:00 GR Gustavo Guzman: Opera Singer, Broadway Tunes, Pianist 4:00 Communion Room Visits 7:00 SR Evening Movie
11 8:30 Church Runs ✓ 9:30 TH Trivia 🌿 11:00 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 <i>Scenic Ride</i> ✓ 3:00 GR Rosemarie at the Piano 7:00 SR Evening Movie	12 Columbus Day 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 SR Music Appreciation 🌿 10:30 P Aqua Aerobics 1:30 TH Current Events with Therese 🌿 3:00 TH History Remembered: Myths Surrounding the Civil War 🌿 7:00 SR Evening Movie	13 Northbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 1:15 TH BINGO 3:15 TH Welcome Social: Meet the New Residents 🌿 6:30 GR Evening Entertainment with Carolyn Jaynes 7:00 SR Evening Movie	14 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 <i>Lunch Outing: The Fish Market in San Diego</i> ✓ 2:00 GR Scrabble 3:00 <i>Outing: Beach Walk</i> ✓ 3:15 GR Sing-a-long with Randi 🌿 7:00 SR Evening Movie	15 Southbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:15 TF Bridge 🌿 3:00 B Happy Hour: Billy Harper Band 4:15 JK Girl Scouts Visit ★ 7:00 SR Evening Movie	16 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 2:00 GR Helen Woodward Animal Visits 2:15 TH Pumpkin Decorating ★ 3:00 B Fall Festival: Cowboy Jack & His Band ★ 4:30 JK Fall Festival Special Dinner ★ 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	17 9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 🌿 2:30 Shopping ✓ 3:15 TH The History Lady 🌿 4:00 Communion Room Visits 7:00 SR Evening Movie
18 8:30 Church Runs ✓ 9:30 TH Trivia 🌿 10:00 GR Temple Kids Visit 11:00 TH Nondenominational Bible Study 🌿 1:00 <i>Outing: CCC Band Presents "Wanna Dance"</i> ✓ 1:00 SR Daily Movie 1:30 TH Ceramics Class 🌿 3:00 GR Robert at the Piano 7:00 SR Evening Movie	19 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:15 TH Art For All Ages: Arctic Scene 🌿 7:00 SR Evening Movie	20 Northbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 1:15 TH BINGO 3:00 SR Osher Presentation w/Discussion Led by Robert 🌿 7:00 SR Evening Movie	21 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 2:00 SR Resident Council 2:00 GR Scrabble 3:15 GR Sing-a-long with Randi 🌿 3:15 SR Music Talk w/ Jeff 🌿 4:30 <i>Dinner with Robert</i> ✓ 7:00 SR Evening Movie	22 Southbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:15 TF Bridge 🌿 3:00 B Happy Hour: MusicStation 7:00 SR Evening Movie	23 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:00 <i>Outing: Valley View Casino</i> ✓ 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 3:15 TH Nancy's Taste & Learn 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	24 9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 🌿 2:30 Shopping ✓ 3:00 GR Vincent at the Piano 4:00 Communion Room Visits 7:00 SR Evening Movie
25 8:30 Church Runs ✓ 9:30 TH Trivia 🌿 11:00 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 TH Jewelry Class 🌿 3:00 GR Mu Phi Epsilon Fraternity Performs 7:00 SR Evening Movie	26 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 10:30 B Fashion Boutique ★ 1:30 SR Music Appreciation 🌿 3:15 B Coffee Klatch w/Sadie 7:00 SR Evening Movie	27 Northbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 1:15 TH BINGO 3:00 C Book Club Chat 🌿 7:00 SR Evening Movie	28 9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Health & Wellness Presentation: Keys to Joy & Peace 🌿 1:00 <i>TBD MOVIE OUTING</i> ✓ 2:00 GR Scrabble 3:15 GR Sing-a-long with Randi 🌿 6:30 GR Peter Seltser Performs 7:00 SR Evening Movie	29 Southbound Doctor Drives 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:15 TF Bridge 🌿 2:45 B Halloween Costume Contest ★ 3:00 B Halloween Celebration Happy Hour: Bayou Brothers ★ 7:00 SR Evening Movie	30 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 11:15 JK Birthday Lunch 1:30 TH Get Movin': Dancing for All Ages 3:00 JK Chat with the Chef 🌿 4:30 JK Tuxedo Dinner ★ 4:30 TH Shabbat Blessing 🌿 4:30 GR Marsha Long: Dinner Music on Piano 7:00 SR Evening Movie	31 Happy Halloween 9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 🌿 2:30 Shopping ✓ 3:00 B Magician ★ 4:00 Communion Room Visits 7:00 SR Evening Movie



October Celebrations



Resident Birthdays

2nd	Nancy S.
6th	Al C.
6th	Jack H.
7th	Doris S.
7th	Don S.
13th	Mildred P.
16th	Annette R.
17th	Bill J.
17th	Gina K.
18th	Jackie G.
21st	Sophie S.
23rd	Geneve S.
25th	Mary Ann F.
28th	Jane S.

Employee Birthdays

5th	Cintia R.
6th	Rob A.
10th	Arcelia C.
15th	Iva A.
22nd	Leila W.
23rd	Ariana B.
25th	Amy R.
25th	Karla M.

Employee Anniversaries

2 yrs.	Shella C.
3 yrs.	Brooke L.
4 yrs.	Hernan P.

Estate Planning Work Shop Q&A

Thursday, Nov. 5, 5:30-7 p.m.

Bring your questions for the attorneys from Palecik, Morrison & Associates LLP in Solana Beach.

Some Common Questions:

- I have a trust, but it's outdated, is it still valid?
- My Power of Attorney needs to be updated?
- Preparation of Wills
- Incapacity Planning through the use of Powers of Attorney & Advance Health Care Directives

This is a free exclusive event for Belmont residents and family members. You will need to RSVP for a time slot (up to 7-min time slots). Please RSVP to the Concierge at 760.436.8900. Space is limited!

Nurse's Note

Did you know ...

Over 30% of cancer could be prevented by avoiding tobacco, alcohol, maintaining a healthy diet and physical activity.

October is breast cancer month, but cancer is a disease of aging. As we age, the risk of getting certain types of cancer increases. Due to the increase in life expectancy, cancer in older adults is becoming increasingly common. According to the American Cancer Society, 77% of all cancers are diagnosed in persons age 55 and older. Some of the challenges in older adults for treatment of cancer are as follows:

- Less tolerance for certain cancer treatments, including capacity to respond
- Other medical diagnosis in addition to the cancer
- Cognition

- Functionality, such as the ability to perform basic activities of daily living
- Nutrition
- Social environment.

Older adults with cancer have special needs and require expert care. Geriatric Oncologists provide comprehensive cancer care to patients over 70. To determine the most appropriate treatment plan for patients, Comprehensive Geriatric Assessment (CGA) has been developed in order to ensure a detailed view of an older adult's overall condition, focusing on functional status and quality of life. Using the CGA allows physicians to create an individual treatment plan tailoring care to each patient. In addition, CGA emphasizes that advanced age alone should not prevent the use of effective cancer treatment that may improve quality of life.

Neighborhood News

Culinary Arts

The Neighborhood residents are taking a few days out of the month to whip up some unique desserts like mint chocolate chip cookies and chunky cheesecake brownies. They also are making some all-time favorites like pigs in a blanket and chocolate cookies.

Activities like a cooking class are a great stimulation for the brain. It works on their step-by-step sequencing, something that declines with the progression of dementia. They are working their brains out and having fun at the same time!

Walk to End Alzheimer's

The walk will be held at the **Oceanside Pier on Oct. 3 at 4 p.m.** If you would like to register for the walk and/or donate, please go to the following website and join our team 'Belmont Village Alz Stars': act.alz.org.

Belmont will be providing transportation. If you or your loved one would like to come with the Belmont team, please call and RSVP with the front desk by Friday, Oct. 2.



Lois L. and Janet D. having a blast!

Circle of Friends

Writing Workshop

The Circle of Friends is excited about their bi-weekly writing workshop. They take the theme of the day and either analyze it or have a creative writing session on that topic. Each resident takes pride in having their own journal and being able to look back at what they have written about in the past weeks!

International Day of Older Persons

This month, Oct. 1 will mark the 25th anniversary of International Day of Older Persons. This day was created to bring awareness to issues affecting older adult populations. It is also a day to appreciate the contributions that older adults make to society. This day is so important because it brings awareness to the growing older adult population.

Did you know?

"One in every ten persons is now 60 years or older. By the year 2050, one in five will be 60 years or older; by 2150, it will be one in three persons." (WHO)



Jean B. and Latif D. working on a word puzzle!

October Highlights

Mon., Oct. 5, at 3 p.m.

Stone Age Doc: Minerals, Are You Getting What You Need?

The modern diet is not always adequate in its content of minerals, some of which are needed in only tiny amounts. Find out which ones you are most likely to lack.



Fri., Oct. 9, at 4 p.m.

Armchair Astronomy

In 2006, Pluto was downgraded to "dwarf planet" status. Pluto is now known to have at least five moons. Learn about Pluto and the amazing spacecraft that made that fascinating discovery.



Fri., Oct. 16

Fall Festival

Join us for a day full of festivities. From pumpkin decorating to pie eating, you will find something that will get you into the fall spirit!

The Village Scene



Geneve S. sticking her toes in the sand!



Bobbie S. and JoAnn D. enjoying dinner at Bentley's Steakhouse.



What a beautiful view overlooking the Torrey Pines Golf Course!



Chef David and Steve goofing around.



Mareta S. and Mary K. at the Welcome Social!



Gloria C. and her daughter making a lei!



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Belmont Village Communities

CALIFORNIA: Burbank, 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

SOUTHERN US: Memphis, Nashville, Louisville, Atlanta—Buckhead and Johns Creek, Dallas, Austin, Houston—West University and Hunters Creek

