



Belmont Village of Encino Village NEWS

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

January 2015

Our Team

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Executive Director Sean Taghizadeh

Meet Our New Executive Director Sean Taghizadeh!

Originally from Iran, Sean moved to California when he was a young boy; he even attended middle school at Milken! He is currently working on his Master's Degree at CSUN!

When asked what he likes best about working in Assisted Living, (which he has over six years experience in!) Sean stated, "Every day is different, and when I go home, I feel good. This work gives me a sense of purpose."

When not working, Sean is a big sports fan. In soccer, his favorite team is Manchester United and on the basketball court, he is a Laker's fan.

Welcome to the community Sean!

Improve Your Immune System

Exposure to germs is almost inevitable, but with a strong immune system, you can avoid getting sick or prevent a mild cold from becoming a more serious illness. Here are some ways to give your immune system a boost:

Eat nutritious foods. Colorful fruits and vegetables contain antioxidants, which help fight infection. Also fill up on foods rich in vitamin C, vitamin E, zinc, selenium and omega-3 fatty acids. These include broccoli, citrus fruit, nuts, whole grains, beans, chicken and tuna.

Drink plenty of water. Water can flush out toxins that lead to disease and will also prevent dehydration, which weakens the body.

Sleep soundly. Not getting enough sleep makes your body more susceptible to illness. A lack of sleep can also increase the stress hormone cortisol and cause inflammation.

Stay active. Exercising regularly improves immune system function by increasing leukocytes, cells that fight infection. Moderate exercise, such as walking, is perfect; pushing yourself too hard can make your immune system weaker.



Resident Birthdays for the Month of January

Talat Yomtobian	Jan. 1
Anna Mikesell	Jan. 9
Patricia Cumming	Jan. 13
Mary Knoll	Jan. 13
Esther Firestone	Jan. 15
Patricia Fletcher	Jan. 15
Sophie Siminoski	Jan. 18
Eva Fratkin	Jan. 23
Belle Marks	Jan. 23
Estelle Frank	Jan. 24
Caroline Frankel	Jan. 24
Edna Freeman	Jan. 30

The birthday lunch celebration is scheduled for **Friday, Jan. 30**, at 11:30 a.m. in Josephine's Kitchen. RSVP at the concierge desk for you and a guest by **Monday, Jan. 26**.

Employee Birthdays for the Month of January

Marjorie Pacquing	Jan. 1
Alex Carrillo	Jan. 4
Cesilia Cristobal	Jan. 4
Rosa Regalado	Jan. 6
Yolanda Danelli	Jan. 16
Carmelina Casas	Jan. 19
Charito Badulis	Jan. 27
Jerry Ann Patrick	Jan. 28



Thank You to Everyone Who Came Out for Our Winter Solstice!



Having a blast!



The Kait Dunton Trio.



Esther, Vivian and Linda.



ED Sean Taghizadeh, Maritess Wheeler and DRCS Venca Avivi.

Congratulations to Our Employee of the Month for January!

When asked about Maritess, Activity Program Coordinator Eric Rocha stated, "Maritess always has a great attitude with everything she does. I've seen her handle difficult situations and unusual circumstances with great zeal. She genuinely loves what she does and that resonates with team members as well."

Congratulations on your recognition Maritess and keep up the great work!



COF News

We would like to welcome Eddie and Esther Firestone. The Firestones are originally from Minnesota. They enjoy sports; baseball in particular. COF has started a new activity called Audiojack. It gets the creative juices flowing. You listen to sounds without words and then you create the story from what you heard.

We were surprised at how nostalgic we became listening to sounds that reminded us of times past. We have become master snowflake makers; they are quite appropriate for the season. You would never guess they were made from Popsicle sticks!

We are always learning new things and stretching our minds.

Happy New Year to all of our families.

COF wishes you good health and great prosperity throughout this coming year.

Denese, MPC



Esther Firestone.

Neighborhood News



NH residents have been working hard on making the season bright.

First, we made snowman faces for each door, making our corridors festive and fun.

Recently, we have been experimenting with aroma therapy; vanilla is our favorite.

We hope everyone has safe travels, good health, and good fortune in 2015 and years to come, Happy New Year.

Denese, MPC



Yoshiko and Phyllis.

Decorating for the Season!



Ruth Davidson.



Yolanda Watson.

Please Welcome Our New Residents!

Eddie Firestone and Esther Firestone
Preston Singer

Shopping Runs for January

Jan. 4	.99 Store
Jan. 11	Ralph's
Jan. 18	Macy's
Jan. 25	Walgreens



Calendar Key

Ground Floor

- B Bistro
- GR Great Room
- JK Josephine's Kitchen
- N Neighborhood
- TBA To Be Announced

2nd Floor

- TH Town Hall
- W Wellness Center
- CFL Computer Lab
- D Dir. Resident Ser

3rd Floor

- CR W. Card Parlor
- CFLC Center For Life
- S Beauty Salon
- L Library

4th Floor

- A Admin. Office
- C/M Community Relations & Mktg.
- T Terrace

All Activities Are Subject to Change. Please Check Daily Postings! Thank You.



LeoCandioty.

Sunday	Monday	Tuesday
 <p>All Designated MBA Activities Are Underlined in the Calendar</p>	<p><i>January</i> </p>	<p>★ ★ ★ ★ ★</p> <p>I HAVE A DREAM</p> <p> </p>
<p>9:15 Chair Dancing (TH) 4</p> <p><u>1:00 Movie Club and Discussion w/Merle Goldberg (TH)</u></p> <p><u>1:00 Poker Game (2nd Flr.)</u></p> <p><u>1:00 Shopping Run - .99 Store (GR)</u></p> <p>3:30 Afternoon Entertainment (GR)</p> <p>6:30 At the Movies - Drama (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u></p> <p><u>10:30 Mind Benders (TH)</u></p> <p>1:00 Bridge (CR)</p> <p>1:00 Poker (2nd Flr.)</p> <p><u>1:15 Current Events (TH)</u></p> <p><u>2:30 Fitness Class (TH)</u></p> <p>3:30 <u>Yiddish (TH)</u></p> <p>6:30 At the Movies - Musical (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u> 6</p> <p><u>10:15 Kings in the Corner (GR)</u></p> <p>1:00 Bridge (CR)</p> <p><u>1:30 Crossword Puzzle/Password (TH)</u></p> <p><u>4:00 Word Games w/Michael Solomon (L)</u></p> <p>6:30 At the Movies (TH)</p> <p>6:45 Bingo (GR)</p>
<p>9:15 Chair Dancing (TH) 11</p> <p><u>1:00 Movie Club and Discussion w/Merle Goldberg (TH)</u></p> <p><u>1:00 Poker Game (2nd Flr.)</u></p> <p><u>1:00 Shopping Run - Ralphs (GR)</u></p> <p>3:30 Afternoon Entertainment (GR)</p> <p>6:30 At the Movies - Drama (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u> 12</p> <p><u>10:30 Mind Benders (TH)</u></p> <p>1:00 Bridge (CR)</p> <p>1:00 Poker (2nd Flr.)</p> <p><u>1:30 Hot Topics (TH)</u></p> <p><u>2:30 Fitness Class (TH)</u></p> <p>3:30 <u>Yiddish (TH)</u></p> <p>6:30 At the Movies - Musical (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u> 13</p> <p><u>10:15 Kings in the Corner (GR)</u></p> <p>1:00 Bridge (CR)</p> <p><u>1:30 Crossword Puzzle/Password (TH)</u></p> <p><u>4:00 Word Games w/Michael Solomon (L)</u></p> <p>6:30 At the Movies (TH)</p> <p>6:45 Bingo (GR)</p>
<p>9:15 Chair Dancing (TH) 18</p> <p><u>1:00 Movie Club and Discussion w/Merle Goldberg (TH)</u></p> <p><u>1:00 Poker Game (2nd Flr.)</u></p> <p><u>1:00 Shopping Run - Macy's (GR)</u></p> <p>3:30 Afternoon Entertainment (GR)</p> <p>6:30 At the Movies - Drama (TH)</p>	<p>Martin Luther King Jr. Day 19</p> <p>9:15 <u>Fitness Class (TH)</u></p> <p><u>10:30 Mind Benders (TH)</u></p> <p>1:00 Bridge (CR)</p> <p>1:00 Poker (2nd Flr.)</p> <p><u>1:15 Current Events (TH)</u></p> <p><u>2:30 Fitness Class (TH)</u></p> <p>3:30 <u>Yiddish (TH)</u></p> <p>6:30 At the Movies - Musical (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u> 20</p> <p><u>10:15 Kings in the Corner (GR)</u></p> <p>1:00 Bridge (CR)</p> <p><u>1:30 Crossword Puzzle/Password (TH)</u></p> <p><u>4:00 Word Games w/Michael Solomon (L)</u></p> <p>6:30 At the Movies (TH)</p> <p>6:45 Bingo (GR)</p>
<p>9:15 Chair Dancing (TH) 25</p> <p><u>1:00 Movie Club and Discussion w/Merle Goldberg (TH)</u></p> <p><u>1:00 Poker Game (2nd Flr.)</u></p> <p><u>1:00 Shopping Run - Walgreens (GR)</u></p> <p>3:30 Afternoon Entertainment w/ (GR)</p> <p>6:30 At the Movies - Drama (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u> 26</p> <p><u>10:30 Mind Benders (TH)</u></p> <p>1:00 Bridge (CR)</p> <p>1:00 Poker (2nd Flr.)</p> <p><u>1:15 Chat w/Chef (TH)</u></p> <p><u>1:30 Resident Council (TH)</u></p> <p><u>2:30 Fitness Class (TH)</u></p> <p>3:30 <u>Yiddish (TH)</u></p> <p>6:30 At the Movies - Musical (TH)</p>	<p>9:15 <u>Fitness Class (TH)</u> 27</p> <p><u>10:15 Kings in the Corner (GR)</u></p> <p>1:00 Bridge (CR)</p> <p><u>1:30 Crossword Puzzle/Password (TH)</u></p> <p><u>4:00 Word Games w/Michael Solomon (L)</u></p> <p>6:30 At the Movies (TH)</p> <p>6:45 Bingo (GR)</p>

January 2015

Wednesday	Thursday	Friday	Saturday
	<p>New Year's Day 1</p> <p>9:15 Fitness Class (TH) 10:30 Wii Bowling (TH) 1:00 Bridge (CR) 2:15 Mind Benders (GR) 3:00 Happy Hour (B) 3:30 Afternoon Concert (GR) 6:30 At the Movies - Thriller (TH) 6:45 Bingo (GR)</p>	<p>2</p> <p>9:30 Exercise w/Tony (TH) 10:30 Board Games 1:00 Poker (2nd Floor) 1:30 Scrabble (B) 4:30 Shabbat Services (TH) 6:30 At the Movies - Action Adventure (TH) 6:45 Kings in the Corner (GR)</p>	<p>3</p> <p>9:15 Chair Dancing (GR) 9:30 Silk Scarf Painting (TH) 10:00 Scenic Drive (GR) 1:00 Poker (2nd Floor) 1:00 Scrabble (B) 1:30 Broadway Music History w/Merle Goldberg (TH) 2:00 Yoga W/Nichole (GR) 3:15 Board Games (GR) 6:30 At the Movies - Documentary (TH)</p>
<p>7</p> <p>9:15 Fitness Class (TH) 10:30 Poetry Group (TH) 1:00 Bridge (CR) 1:30 Computer Lab (CFL) 2:15 Fitness Class (GR) 3:15 Guess That Phrase (TH) 6:30 At the Movies - Comedy (TH) 6:45 Scrabble (GR)</p>	<p>8</p> <p>9:15 Fitness Class (TH) 10:30 Wii Bowling (TH) 1:00 Bridge (CR) 2:15 Mind Benders (GR) 3:00 Happy Hour (B) 3:30 Afternoon Concert (GR) 6:30 At the Movies - Thriller (TH) 6:45 Bingo (GR)</p>	<p>9</p> <p>9:30 Exercise w/Tony (TH) 10:30 Board Games 1:00 Poker (2nd Floor) 1:30 Scrabble (B) 4:30 Shabbat Services (TH) 6:30 At the Movies - Action Adventure (TH) 6:45 Kings in the Corner (GR)</p>	<p>10</p> <p>9:15 Chair Dancing (GR) 10:00 Scenic Drive (GR) 1:00 Poker (2nd Floor) 1:00 Scrabble (B) 1:30 Broadway Music History w/Merle Goldberg (TH) 2:00 Yoga W/Nichole (GR) 3:15 Board Games (GR) 6:30 At the Movies - Documentary (TH)</p>
<p>14</p> <p>9:15 Fitness Class (TH) 10:15 Short Story Group (TH) 1:00 Bridge (CR) 1:30 Computer Lab (CFL) 2:15 Fitness Class (TH) 2:30 Let's Chat w/Sheryl Colby (GR) 6:30 At the Movies - Comedy (TH) 6:45 Scrabble (GR)</p>	<p>15</p> <p>9:15 Fitness Class (TH) 10:30 Wii Bowling (TH) 1:00 Bridge (CR) 2:15 Mind Benders (GR) 3:00 Happy Hour (B) 3:30 Afternoon Concert (GR) 6:30 At the Movies - Thriller (TH) 6:45 Bingo (GR)</p>	<p>16</p> <p>9:30 Exercise w/Tony (TH) 10:30 Board Games 1:00 Poker (2nd Floor) 1:30 Scrabble (B) 4:30 Shabbat Services (TH) 6:30 At the Movies - Action Adventure (TH) 6:45 Kings in the Corner (GR)</p>	<p>17</p> <p>9:15 Chair Dancing (GR) 9:30 Silk Scarf Painting (TH) 10:00 Scenic Drive (GR) 1:00 Poker (2nd Floor) 1:00 Scrabble (B) 1:30 Broadway Music History w/Merle Goldberg (TH) 2:00 Yoga W/Nichole (GR) 3:15 Board Games (GR) 6:30 At the Movies - Documentary (TH)</p>
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<p>28</p> <p>9:15 Fitness Class (TH) 10:15 Short Story Group (TH) 1:00 Bridge (CR) 1:30 Computer Lab (CFL) 2:15 Fitness Class (TH) 3:15 Guess That Phrase (GR) 6:30 At the Movies - Comedy (TH) 6:45 Scrabble (GR)</p>	<p>29</p> <p>9:15 Fitness Class (TH) 10:30 Wii Bowling (TH) 1:00 Bridge (CR) 2:15 Mind Benders (GR) 3:00 Happy Hour (B) 3:30 Afternoon Concert (GR) 6:30 At the Movies - Thriller (TH) 6:45 Bingo (GR)</p>	<p>30</p> <p>9:30 Exercise w/Tony (TH) 10:30 Board Games 1:00 Poker (2nd Floor) 1:30 Scrabble (B) 4:30 Shabbat Services (TH) 6:30 At the Movies - Action Adventure (TH) 6:45 Kings in the Corner (GR)</p>	<p>31</p> <p>9:15 Chair Dancing (GR) 10:00 Scenic Drive (GR) 1:00 Poker (2nd Floor) 1:00 Scrabble (B) 1:30 Broadway Music History w/Merle Goldberg (TH) 2:00 Yoga W/Nichole (GR) 3:15 Board Games (GR) 6:30 At the Movies - Documentary (TH)</p>



Short Story Group

Wednesdays,
Jan. 14 and 28,
10:15 a.m.
Library

Belmont's Card Players

Games Begin at 1 p.m.
Bridge (3rd Floor)
Monday–Thursday
Poker (2nd Floor)
Friday–Monday

Poetry Group

Wednesdays, Jan. 7 and 21,
10:30 a.m.
Town Hall

Meeting With the Chef

Monday, Jan. 26,
1:15 p.m.
Town Hall

Resident Council Meeting

Monday, Jan. 26,
1:30 p.m.
Town Hall

Broadway Music History W/Merle Goldberg

Saturdays,
1:30 p.m.
Town Hall

Live Entertainment

Every Thursday & Sunday
3:30 p.m.
Great Room



Jerry Wisniewski -
Building Engineer

From Our Building Engineer

Greetings from your building maintenance guys!

I hope everyone had a wonderful holiday season, I find it hard to believe that we are already into the new year!

Recently we have replaced the floor in the bistro with a beautiful new flooring. Between that and the new flowers we have put on the 4th floor patio, we are already starting 2015 with a great new fashion!

Our Annual Dinner Outing and Trip to Candy Cane Lane!



Phyllis, Bob and Richard.



Phyllis and Gil.





Nurse's Notes

Taking care of ourselves in 2015.

January is national Folic Acid, Thyroid, and Glaucoma Awareness Month. All three can affect us as we age. Let's look at a brief definition and possible ways we can help curb the problem.

"Folic Acid is a B-vitamin that is necessary for proper cell growth. We get folic acid from foods like grains, pasta, or breakfast cereals, daily multi-vitamin and a variety of foods as part of a healthy diet." (1)

"The thyroid gland influences almost all of the metabolic processes in your body. Thyroid disorders can range from a small, harmless goiter (enlarged gland) that needs no treatment, to life threatening cancer. The most common thyroid problems involve abnormal production of thyroid hormone. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism.

Although the effects can be unpleasant or uncomfortable, most thyroid problems can be managed well if properly diagnosed and treated." (2) Blood work can help detect this problem and your physician can prescribe medication to help this condition.

"Glaucoma is a disease that is often associated with elevated

interocular pressure, in which damage to the eye (optic) nerve can lead to loss of your vision and even blindness. Glaucoma is the leading cause of irreversible blindness in the world." (3) Visit your ophthalmologist for early detection and treatment.

Let's make 2015 that year that we eat right, drink plenty of water, exercise daily, and stop and smell the roses. Visit your local WELLNESS CENTER with any question and assistance you may need.

- (1) National Council on Folic Acid
- (2) WebMD
- (3) MedicineNet.com

Super Food: Pistachios

Pistachios are one of the healthiest nuts you can crack into. They help fight heart disease because they're light on calories and saturated fat; studies have shown that eating them in moderation helps lower overall cholesterol.

Packed with antioxidants and other nutrients, including vitamin E, vitamin B6, beta-carotene and lutein, they're great for your heart, nervous system, eyes and skin, and they can fend off the signs of aging.

Just remember to go for the unsalted and dye-free variety.



Mario Guerrero

Transportation Schedule

- **Medical Appointments**
Must be scheduled on Tuesdays, Wednesdays and Thursdays.
- **Open Transportation**
Can be used on days when medical appointments are not specified, and drivers are available.
- **Shopping Schedule**
(Sign Up With Concierge.)
1 p.m. on Fridays and Sundays.
Meet in the GR.
- **Scenic Drive 9:45 a.m. on Saturdays.**
Meet in the GR. Outings are scheduled on a weekly basis.
- **Outings**
Outings every Tuesday.
Departure will vary based on destination.



Village Scene



Frank Gruhn.



Sophie and family.



David Saxon.



Phyllis Olshan.



Khaya Beinus.



Regina Hagan.



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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

