



Belmont Village of Encino Village NEWS

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

April 2016

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Picnic Season Is Here

For a portable meal that will be eaten alfresco, simple foods are best. Remake classic sandwiches as wraps for convenience. Salads, meat-and-cheese trays and precooked chicken are also terrific picnic treats, and fresh fruits and vegetables are perfect for outdoor dining.

Prevent crushed chips by placing the entire bag in a zipper bag and leaving a cushion of air when you close it. Pour condiments such as ketchup and mustard into smaller containers so you can take only the amount you will need.

Keep food safety in mind, and use ice, ice packs or frozen bottles of water to maintain cold foods at 40 degrees Fahrenheit or lower. Avoid mayonnaise, which spoils quickly. If you're grilling, wrap raw meat tightly and store the meat in its own ice chest. If your cooler ice melts, the food inside is probably no longer safe to eat.

Pack cold drinks in a separate cooler so you can open and close

it frequently without affecting the temperature of the food you have prepared.

Wrap hot foods in towels and place them inside a sturdy box or insulated bag. Eat hot foods no more than two hours after they are cooked.

Alleviate Allergies

For those who suffer from seasonal allergies, spring often means sneezing, congestion and itchy eyes. There are ways to lessen the symptoms and still enjoy the season. Here are a few tips:

Keep it clean. Cleaning your home will reduce pollen and other allergens. Vacuum and dust regularly, and wash your sheets weekly. Leave your shoes at the door to prevent tracking allergens throughout your home. Shower or bathe before bed to keep pollen your hair has gathered throughout the day off your pillow.

Be aware outside. Avoid going outside on days with particularly high pollen levels. When outside, wear sunglasses to help keep allergens out of your eyes.

Curb congestion. Eat more spicy foods to reduce nasal congestion. Chewing gum and eating peppermint can also help. Drinking more water and juice will improve hydration and help clear nasal passageways.



Employee Birthdays for the Month of April!

Marlon ILasin	April 2
Kelye Fernandez	April 4
Maritess Wheeler	April 14
Michael Junaid	April 16
Dina Guevara	April 17
Jerry Wisnewski	April 22
Elsa Reyes	April 23
Erika Urrutia	April 23
Jessica Amaya	April 26
Beatrice Lopez	April 27

The birthday lunch celebration is scheduled for **Friday, April 29, at 11:30 a.m.**, in Josephine's Kitchen. RSVP at the concierge desk for you and a guest by **Monday, April 25.**

Resident Birthdays for the Month of April!

Rosalind Ryza	April 04
Marcia Catlin	April 6
Sophia Duncan	April 6
Richard Leon	April 7
Yousef Sarafian	April 9
Leonard Beauchamp	April 12
Ella Sigalov	April 12
Victor Lieber	April 24
Ruth Davidson	April 29



Double Seder Dinner

We will be hosting a Seder dinner the second night of Passover on **Saturday, April 23.**

We will be doing two seatings:

Josephine's Kitchen

1st Seating: 3-4 pm

2nd Seating: 6-7 pm

Adults: \$17

Kids: \$12

Please RSVP by Wednesday, April 20. Because of the large attendance, please be sure to RSVP.



Opening Day!

The boys of Summer are finally back! Join us for the Dodgers' opening day game

Monday, April 4

In Town Hall

First Pitch: 4:05 pm

Snacks will be provided.

Come one and all as we root for the Dodgers!



Kerwin Bernabe

Congratulations to Our Employee of the Month - Kerwin!

"He's always smiling with his residents," says Sales and Marketing rep. Elanit Cohen.

"Whether they are playing games on the board in the tranquility room, or outside enjoying the day, Kerwin really manages to engage his residents. I think he has just as much fun as they do!"

Congratulations Kerwin; we value your hard work and keep doing a wonderful job!



COF and Neighborhood News



Our Disoriented Old Should Be Accepted As They Are

The action of a person who is disoriented, no matter how bizarre, has real and important meanings.

It is a part of a healing process, and it is not helpful to change that. This may seem totally opposite of what you feel, have been told or have learned. You know that you cannot change another person unless that person wants to change. So it is with disoriented elderly: They cannot change. Your goal is to develop a better relationship with this person and to communicate with them, not to change the behavior. The first step is to simply accept them as they are. This will make you feel better and eventually leads to a better relationship. What this also means is that you have to let go. Your mother or father is becoming different from the mother or father whom you knew. This is the first step of saying good-bye, and that can be painful or difficult. Realize that this is your process and very

different from what your relative experiences or needs, at this moment. BE aware of your desire to have your relative "be like she was" because that would make you feel more comfortable. This is not to denigrate your feelings of loss or your needs, but it simply is not realistic to try to get your relatives to adapt to your needs. It will not work, and everyone will feel worse. Your needs are also important, and you should not forget them, but try to do that in a way that will help yourself as well as your relative. Correcting your relative's behavior or trying to get them to act in a certain way will only create frustration, withdrawal, confusion, angry outbursts and slow degeneration to more disorientation.

Thank you again for expressing how you like the previous article that I wrote in March. You can also send me your thoughts or feedback via email, or if there is anything you want to hear from me. My email is adimacali@belmontvillage.com, your feedback is very important.

-Adam



The Circle of Friends.

Perfect Picnic Weather!



Phyllis Olshan.



Marcele Ritter.



Please Welcome Our New Residents!

- Edward Brooks
- George Katz
- Anna Kaplan
- Martin Rock
- Leona Brodner
- Robert Burnstein
- Irene Murphy
- Melvin Jacobs
- Edith Felton

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 TH Exercise with Tony 🌿 10:30 GR Kings in the Corner 1:00 2T Poker 1:15 TH Chat w/Chef 🌿 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Silk Scarf Painting 🌿 9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 🌿 3:00 TH Yoga w/ Nichole 🌿 6:30 TH At the Movies
9:30 TH Fitness Class 🌿 10:30 GR Board Games 1:00 GR Shopping Run 1:00 TH Movie Club w/Merle 🌿 3:30 GR Afternoon Concert 6:30 TH At the Movies	9:30 TH Fitness Class 🌿 10:30 TH Beyond the Book 🌿 1:00 2T Poker 1:00 2P Bridge 1:15 TH Current Events 🌿 2:30 TH Fitness Class 🌿 3:30 TH Yiddish 🌿 6:30 TH At the Movies	9:30 TH Fitness Class 🌿 10:15 GR Kings in the Corner 🌿 12:00 GR Outing TBA 🌿 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 🌿 6:30 TH At the Movies	9:30 TH Fitness Class 🌿 10:30 TH Beyond the Book 🌿 1:00 2P Bridge 1:30 TH Jewelry Making 🌿 1:30 CL Computer Lab 🌿 2:30 GR Fitness Class 🌿 6:30 TH At the Movies 6:45 GR Scrabble 🌿	9:30 TH Fitness Class 🌿 10:30 TH Wii Bowling 🌿 11:00 TH Wii Bowling 🌿 1:00 2P Bridge 1:30 TH Mind Benders 🌿 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	9:30 TH Exercise with Tony 🌿 10:30 GR Kings in the Corner 1:00 2T Poker 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 🌿 3:00 TH Yoga w/ Nichole 🌿 6:30 TH At the Movies
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Short Story Group

Mondays and Wednesdays

10:30 a.m.

Town Hall

“All the Light We Cannot See.”

**Belmont’s
Card Players**

Games Begin at 1 p.m.

Bridge (3rd Floor)

Monday–Thursday

Poker (3rd Floor)

Friday–Monday

At the Movies

Have a movie you want to see?

Request it at the Concierge desk

Nightly

6:30 p.m.

Town Hall

Meeting With the Chef

Friday, April 1

1:15 pm

Town Hall

**Resident Council
Meeting**

Monday, April 25

1:30 pm

Town Hall

**Broadway Music History
W/Merle Goldberg**

Saturdays,

1:30 p.m.

Town Hall

Live Entertainment

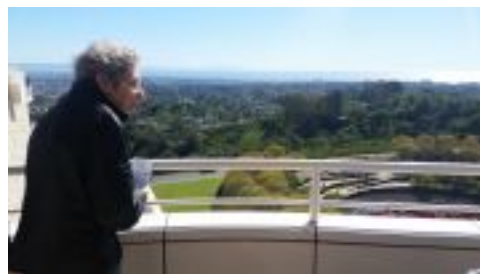
Every Thursday & Sunday

3:30 p.m.

Great Room



**Our Trip to the
Getty Center!**



Meg enjoying the view.

Someday Willa, this will all be yours...



Taking the tram to the museum.





Nurse's Notes



Since 1987, April has been designated to be Alcohol Awareness Month by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD). Often times, people get caught up in the glitz and glamour of alcohol, and the fact that alcohol is a drug is promptly forgotten. That's why once a year, it's good to remind people about the dangers and health implications associated with alcohol.

Alcohol abuse and alcoholism can affect all aspects of a person's life. 1 in every 12 adults suffer from alcohol abuse or dependence, it is the most commonly used addictive substance in the United States. More than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.

Over time, excessive alcohol use can lead to numerous health problems including Dementia, liver diseases, and cardiovascular problems. Alcoholism has little to do with how long one has been drinking or how much alcohol is consumed but with a person's

uncontrollable need for alcohol.

We can make a difference by encouraging our family or friends to make small changes, like keeping track of their drinking and setting drinking limits. We can stay pro-active by knowing what we're drinking and how much alcohol is in it. And always drink plenty of water in between drinks. And remember, the old adage "everything in moderation" is never truer than when drinking alcohol.



Super Food: Oranges

We know oranges are a great source of vitamin C, which helps maintain a strong immune system, but they also have many other health benefits. The dietary fiber in oranges can help reduce high cholesterol levels and keep blood sugar levels under control. One study found that consuming one extra serving of citrus fruit a day reduced the risk for stroke by almost 20 percent. Oranges are a good source of B vitamins, vitamin A, calcium and potassium. The phytonutrients and flavonoids in oranges have anti-inflammatory properties. And they smell amazing!



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.





Isabel and Charlotte.



Chef Jorge always makes a great birthday cake!



Eddie and Betty.



Audrey and friend.



Yolanda and Rosalind.



Albert and Marie.

BELMONT *Village*

SENIOR LIVING
ENCINO

15451 Ventura Blvd.
Sherman Oaks, CA 91403

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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