

## Village Scene



Frank and Carol.



Muriel and Hans.



Bob Whitman.



David Smith and family.



David Saxon and family.



Vivian, Marjorie and Phyllis.



# Village NEWS

Belmont Village of Encino

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

August 2015

### Our Team

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### Leaving a Legacy

August is What Will Be Your Legacy Month. Have you ever thought about what kind of legacy you will leave? You probably have already made a bigger impact in the lives of your loved ones than you realize. Here are some ways you can continue to build a legacy that future generations will appreciate and cherish.

*Knowledge, skills and hobbies.* Consider teaching a family member or friend something you're passionate about, whether it's sewing, gardening, woodworking or bird-watching. Whenever they participate in that same activity, they will remember you introducing them to it and the time spent together.

*Recipes.* Food brings people together, and every family has traditional favorites. Write down the recipes you're known for so your loved ones will have them for years to come and think of you when enjoying them.

*A positive attitude.* Everybody faces challenges in life, but you

can set a good example by embracing change and always looking for a silver lining. Treat every day as a gift, and let others see you enjoy both big and small blessings.

*Love and kindness.* Perhaps the biggest legacy you can leave behind is showing others how much you care. Volunteering at a charity, giving comforting hugs or simply being a good friend are all ways to leave a legacy of love.



### Join Us for Our Annual Luau!

Friday, August 14,  
Dinner from 4 p.m. to 7 p.m.

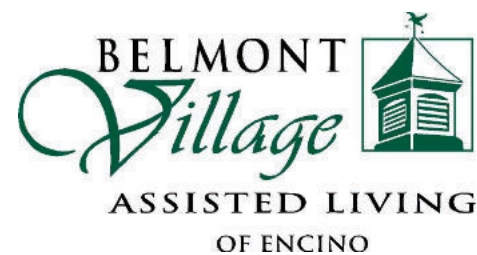
Adults \$17

Kids \$12

In Josephine's Kitchen  
Entertainment starting at 6 p.m.

Neighborhood Patio

Please RSVP by August 7



15451 Ventura Blvd.  
Sherman Oaks, CA 91403

RCFE Lic. 197605090  
www.belmontvillage.com

### 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



**Short Story Group**

Wednesdays,  
August 12 and 26,  
10:30 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, August 5 and 19,  
10:30 a.m.  
Town Hall

**Meeting With the Chef**

Friday, August 7  
1:15 p.m.  
Town Hall

**Resident Council**

**Meeting**

Monday, August 31,  
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

**From Our Building Engineer**

Greetings from your Building Engineer!  
I hope everyone had a safe and wonderful  
4th of July. As many of you have noticed by  
now, the Wellness Center has been moved to  
the opposite side of the hallway on the  
2nd floor.

In addition, the Library has also been  
extended to the 3rd and 4th floor, and the  
Poker table has been moved to 4th floor parlor.  
Should you have any questions about where  
certain areas or activities are, please ask me, the  
Concierge, or Eric Rocha.

**COF and  
Neighborhood News**



Dear COF and Neighborhood  
Residents and Family Members, I  
hope you had a great month  
of July.

This August and the following  
months, I want to talk about  
something that I am really  
passionate about.

I want to talk about  
understanding what happens to  
the disoriented elderly who's  
suffering from Alzheimer's,  
Dementia or Disorientation. One  
of the greatest challenges of the  
health care system is the growing  
number of elderly people with  
some form of dementia.

Not only is the population  
growing older than ever before,  
but also a greater number of  
people are older than 65 years.  
From 1955 to 2004, the average  
life span has increased from 69.7  
years to 77.8 years.

The most significant factors for  
increase in life span are better and

more accessible medical care,  
improved medical technology and  
healthful lifestyle choices. In  
1950, a significant number of  
people died of tuberculosis and  
pneumonia.

Today, those causes of death do  
not often occur. Society now has  
a new and significant segment of  
population: those who are older  
than 80 years. Every sector of  
society is struggling to understand  
and deal with the special needs of  
people in this life stage.

Concurrent to the shift in  
population is a rise in the number  
of people who receive a diagnosis  
of Alzheimer's-related dementia:  
in 2007 in the United States, 5.1  
million people have received a  
diagnosis of Alzheimer's-related  
dementia.

This number is expected to  
increase to 13.2 million by 2050.  
What does that mean? Is it that  
the disease is spreading? Are  
simply more people developing  
Alzheimer's disease?

Could it be that the diagnosis is  
more easily made with new  
technology and so more people  
are receiving a correct diagnosis,  
or has the term Alzheimer's  
disease changed so that more  
people with similar symptoms fit  
under that diagnosis?

To be continued in September.  
Adam

**Circle of Friends  
Painting!**



Elaine Kahn.

**Please Welcome Our  
New Resident**

Margaret Moss



Margaret Moss



Holly and Charlotte.



Jane Zweigel.



Babs and Hilary.



Estelle and Margery.

**A Sing Along Showing  
How Hard the Singing  
and Song Writing Class  
Has Been Working;  
Great Job!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 <span style="background-color: #92d050; padding: 2px;">TH</span> Fitness Class 🌿 9:30 <span style="background-color: #92d050; padding: 2px;">TH</span> Silk Scarf Painting 🌿 10:00 <span style="background-color: #c00000; padding: 2px;">GR</span> Scenic Drive 🌿 10:30 <span style="background-color: #92d050; padding: 2px;">TH</span> Poetry Group 🌿 1:00 <span style="background-color: #92d050; padding: 2px;">2T</span> Poker 1:30 <span style="background-color: #92d050; padding: 2px;">TH</span> Broadway Music History w/Merle Goldberg 🌿 3:00 <span style="background-color: #92d050; padding: 2px;">TH</span> Yoga w/Nichole 🌿 6:30 <span style="background-color: #92d050; padding: 2px;">TH</span> At the Movies
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### Resident Birthdays for the Month of August!

B. Westenhausen	Aug. 10
Melvin Peisakoff	Aug. 11
Lillian Liebross	Aug. 15
Holly Howell	Aug. 16
Cindy Bender	Aug. 18
Frances Halpern	Aug. 20
Elsie Lichtbach	Aug. 24
Gerald Herz	Aug. 28

The birthday lunch celebration is scheduled for **Friday, August 28, at 11:30 a.m.** in Josephine's Kitchen. RSVP at the concierge desk for you and a guest by **Monday, August 24.**

### Employee Birthdays for the Month of August!

Antonese Derby	Aug. 1
Yanira Cassiano	Aug. 2
Lidia Lanza	Aug. 3
Lidia Vallego	Aug. 3
Rose Nabuufu	Aug. 7
Hilary Ebenstein	Aug. 11
Graciela Becerra	Aug. 18
Mohammed Tekfaoui	Aug. 25
Rosa Reynoso	Aug. 28
Maribel Gallegos	Aug. 30
Olga Rincon Salas	Aug. 31



### Our Ice Cream Detour in Malibu!



Linda and Vivian.



Howard Kay.



Isabel Arberman.



Regina and Richard.



Juan Martinez

### Congratulations to Our Employee of the Month - Juan Martinez

"Juan has a very upbeat personality," says APC Eric Rocha. "There have been times where I need a helping hand and Juan is always there to pitch in wherever he can; he's a wonderful asset to Belmont Village."

"He's very reliable," says Chef Manager Jorge Antuna. "I can always rely on him to do a great job."

Congratulations, Juan, and keep up the wonderful work.

### Nurse's Notes

#### Depression in older adults and the elderly

Depression prevents you from enjoying life like you used to. But its effects go far beyond mood. It also impacts your energy, sleep, appetite, and physical health.

#### Signs and symptoms of depression:

- Sadness
- Fatigue
- Abandoning or losing interest in hobbies or other pleasurable pastimes
- Social withdrawal and isolation (reluctance to be with friends, engage in activities, or leave home)
- Weight loss or loss of appetite
- Sleep disturbance (difficulty falling asleep, oversleeping, or daytime sleeplessness)
- Loss of self-worth (worries of being a burden, feeling of worthlessness, self-loathing)
- Increased use of alcohol or other drugs
- Fixation on death, suicidal thoughts or attempts.

#### Managing depression self-help for older adults and elderly

It is a myth to think that after a certain age you can't learn new skills, try new activities, or make fresh lifestyle changes. The truth is that the human brain never stops changing, so older adults are just as capable as younger people of learning new things and adapting to new ideas. The more active you

are-physically, mentally, and socially – the better you will feel.

- **Exercise.** - Physical activity has powerful mood-boosting effects.

- **Connect with others face to face whenever possible.** - Getting the support you need plays a big role in lifting the fog of depression and keeping it away.

- **Get enough sleep.** - Aim for somewhere between 7 to 9 hours of sleep each night.

- **Maintain a healthy diet** – Avoid eating too much sugar and junk food. Choose healthy foods that provide nourishment and energy, and take a daily multivitamin.

- **Participate in activities you enjoy.** – Pursue whatever hobbies or pastimes bring or used to bring you joy.

- **Volunteer your time.** - Helping others is one of the best ways to feel better about yourself and expand your social network.

- **Take care of a pet.** - A pet can keep you company, and walking a dog, for example, can be a good exercise for you and great way to meet people.

- **Learn a new skill.** – Pick something that you've always wanted to learn, or that sparks your imagination and creativity.

- **Create opportunities to laugh.** – Laughter provides a mood boost, so swap humorous stories with your loved ones, watch a comedy, or read a funny book.



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.

