

Enjoying the Belmont Scene



John enjoying the 2nd floor balcony!



Jo enjoying our MBA indoor picnic!



Lefty enjoying the fresh air on patio!



Friends enjoying the Arboretum!



Teno enjoying his family!



Carol enjoying a cup of Sun Punch!



VillageNEWS

Belmont Village at Geneva Road

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August 2015

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A Note From Jeanne's Journal

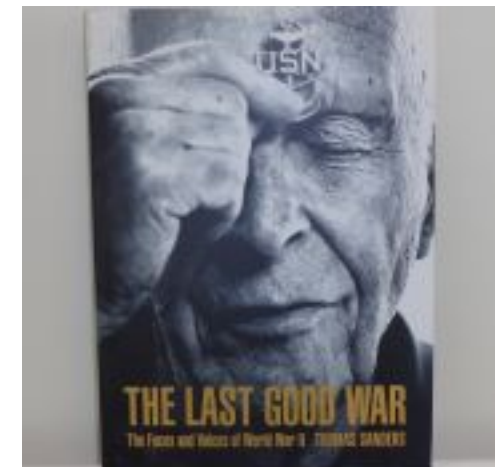
In 2009, Belmont Village commissioned nationally recognized photographer Thomas Sanders to create photographic portraits of our residents who are veterans. Ever since then, these photos and a piece of each veteran's story have been proudly displayed in our **American Heroes Gallery**, located on the second floor at our community.

In June of this year, we once again commissioned Thomas Sanders to return to our communities and update our American Heroes Gallery. Thomas Sanders is a Los Angeles-based photographer who embarked on a personal mission more than nine years ago to capture and preserve the images and stories of World War II veterans. He has since photographed over one thousand veterans.

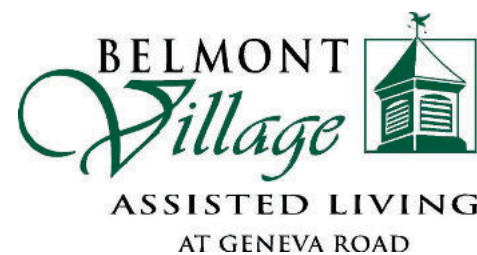
In 2010, Welcome Books published a collection of Thomas Sanders' photos of WWII Veterans called **The Last Good War: The Faces and Voices of WWII**. When the book was first published, I had the honor of giving my father (a WWII Veteran) a copy of Thomas' autographed book. I will never forget my dad's overwhelming emotional response to the photographs

contained in the book. Like so many other veterans I have met, my dad didn't view himself as a hero; but I do. As we flipped through the pages of the book together and through tear-stained eyes, my dad shared stories of boyhood friends who had sacrificed their lives by fighting so bravely to defend our country. My dad never spoke of his war experience and clearly this collection of photographs had evoked deep rooted memories for him.

If you were unable to attend the ceremony and unveiling celebration this past month, I invite you to come and visit our Gallery at any time. On behalf of Belmont Village, we thank our Veterans for their sacrifices and service. Without a doubt you will always be forever more, our American Heroes.



THE LAST GOOD WAR
by Thomas Sanders



545 Belmont Lane
Carol Stream, IL 60188

SC Lic. 47845
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



Toll-Free Disaster Info For Families 1-877-218-0020



MONTHLY SUPPORT GROUPS AT BELMONT VILLAGE

Low Vision Support Group
2nd Sunday of Every Month at 2 p.m.

Parkinson's Exercise Group
Every Wednesday at 10 a.m.
Every Friday at 1:30 p.m.



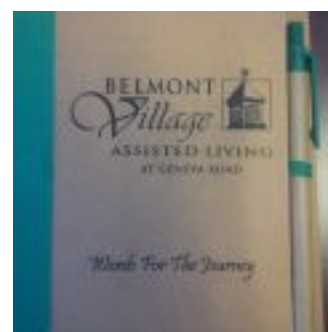
Ecumenical Worship Service
Tuesdays, 10:30 a.m., Town Hall
Communion

Fridays, 11 a.m., Library
Interactive Bible Study
Fridays, 10 a.m., Library
Belmont Village Bible Study
Wednesdays, 7 p.m., Library
Sunday Morning Church Trips
Pleasant Hill: Departure 9 a.m.

First Presbyterian:
Departure 9:20 a.m.
St. Mark's: Departure 9:40 a.m.
Wheaton College Church:
Departure 10:15 a.m.



Resident Council meetings are held on the last Monday of the month at 2:30 p.m. in the Town Hall. Please join us for our meeting on **Monday, August 31.**



"Words for the Journey"

Journey With Janay

At Belmont Village, those of you walking on a journey with a loved one with memory loss are never alone. Please join us for our Educational Session on **Saturday, August 15, at 8:30 a.m.** Breakfast will be served. We will discuss how to respond to a loved one asking to "go home".

Words for the Journey

Thursday, August 20, at 5:45 p.m.

Come and share your journey and celebrate your loved one's story.
Dinner, sweets and wine will be served.

Neighborhood News



Joy with our Neighborhood PALs

We are very proud to have had Joy Klien, MS, come and meet with our Neighborhood PALs to help increase their effectiveness when working with residents, as they help calm and ease their anxiety and pain. In this three hour training class Joy taught our PALs how to implement techniques such as reflexology, foot, hand and back massage therapy and how to utilize aromatherapy. Thank you Joy!

Circle of Friends

A great time was had by our COF residents as they played their way through golf, basketball, bocce ball and baseball. Residents not only worked their physical bodies but also worked their brains in having to do math and total their scores!



Carol and Claudia putting away



Carol with coach Patti



MUSIC, MUSIC, MUSIC

From the silly songs we learn as children to the popular tunes we hum along to as adults, we enjoy music throughout our lives. But music can be much more than just entertainment. Music therapy has been effective in helping individuals of all ages cope with conditions such as learning and developmental disabilities, chronic pain and even dementia.

Researchers found the area of the brain that is stimulated when music, memories and emotion are involved is one of the last areas affected by Alzheimer's disease.

MUSIC EVENTS IN AUGUST

HENRIK

Thursday, Aug. 13, @ 2:30 p.m.
Listen to a fabulous violin concert given by Henrik.

ELVIS IMPERSONATOR

Sunday, Aug. 23 @ 1:30 p.m.
Our very own Edra Walkers' son-in-law impersonates Elvis!

BLUES/JAZZ CLUB

Tuesday, Aug. 25 @ 2:30 p.m.
Join us as we transform Town Hall into a Blues/Jazz club.



Edra the proud Mother-in-Law!

What's NEW? New?

AUGUST PROGRAMS

Learning something new has long been linked to keeping our brains engaged and youthful. Get a dose for your brain with one of the following new programs.

Meditation Moment

Take a 20 minute break from your day with a relaxing breathing meditation. Leader will guide participants with gentle exercises to provide a relaxing experience.

Book Reading Club

100 Years, 100 Stories by George Burns. Let's have a few laughs while reading some of George Burns' favorite and funniest stories from his book.

Residents' Recipes

Once a month cooking demo featuring you and your recipes. The recipes you share with us will be put to the test as we cook and taste and later feature them in a cookbook designed to raise money for the Alzheimer's Association.

Team Sports Club

What is your sport? Bowling, Golf, Volleyball, Bocce, Hockey, Basketball. Join all clubs or just the ones you like. **JUST DO IT!** Get on a team. A Banquet Awards dinner will be held in November.

AUGUST OUTINGS

- 3,10,17,24,31 Jewel
- 1,8,15,22,29 Walgreens
- 4 *Cantigny Rose Tour
- 5 Dollar Store
- 10 *Art Studio
- 12 Kohl's
- 19 *Fox Croft Lake Walk
- 24 *TGIF Restaurant
- 26 Target

Please refer to your calendar and daily announcements for the exact times for outings. Our Concierge will sign you up for shopping outings.

***SPECIAL OUTINGS**

Sign up for ***special outings** (any outing with an asterisk) by using the special outings description form that is delivered to your door. Or call the Concierge and ask for Karen (Activity Program Coordinator). Please leave a message about the outings you would like to attend. **Outings made easy!**

August Entertainers

- 5 Chris Colletti
- 6 Moment in Time with Tim
- 12 Dennis Kappo on sax
- 13 Henrick on violin
- 19 Voyteck
- 23 Elvis Impersonator
- 25 Blues Jazz Club
- 26 Kym Frankovelgia
- 28 Drumming Circle



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL NEW PROGRAMS OR CHANGES TO DAYS OR TIMES OF PREVIOUS PROGRAMS ARE IN BOLD PRINT!</p>		<p>SAVE THE DATE! Our annual Hawaiian Luau Sunday, August 30, Hawaiian Luncheon 11:00 a.m. - 1:00 p.m. Aloha Chicago Performs 1:00-2:00 p.m.</p>				<p>9:00 O Shopping - Walgreens ✓ 10:00 TH Muscle Workout 10:30 TH Brain Muscle Workout 1:15 O Scenic Drive 1:30 TH Flex -Band & Walking Fitness Program 🌿 2:00 TH Sentimental Journey DVD 3:00 GR Ante Horse Racing Game 6:00 B Saturday Night @ the Movies</p>
<p>2 8:00 O Church Transportation 10:00 TH Body & Brain Muscle Workout 10:30 TH Brain Muscle Workout 1:30 TH Flex-Band & Walking Fitness Program 🌿 2:00 GR Bingo with the Billings 6:00 GR Letter Trivia</p>	<p>3 MIND, BODY AWARENESS DAY! 9:25 O Shopping: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:30 TH Relaxed Flex & Fit 11:30 TH MBA Luncheon 🌿 2:00 TH Yoga Stretch 🌿 3:15 GR Jeopardy 🌿 6:00 GR Common Words</p>	<p>4 SCRABBLE CHAMPIONSHIP DAY! 9:30 TH Muscle Fitness 🌿 9:30 O Cantigny Rose Tour 10:30 TH Worship Service 1:15 TH Core & Balance 🌿 2:15 GR Brain Games - Scrabble 🌿 3:15 TH Belmont Drama Club 🌿 6:00 GR Penny Left-Center-Right</p>	<p>5 9:30 TH Flex & Fit 🌿 9:30 O Shop: Dollar Store ✓ 10:00 PA 100 Years, 100 Stories 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:15 L Short Story w/Judy 🌿 1:45 B Fresh Floral Expressions 2:30 JK Wine and Cheese 6:00 GR Penny Bingo 7:00 L BV Bible Study</p>	<p>6 9:30 TH Muscle Fitness 🌿 10:00 TH Chronicle-ology Trivia 🌿 10:30 TH Dancercise 🌿 1:15 TH Core & Balance 🌿 1:45 L Travel Story w/Douglas 2:15 TH Moment in Time w/Tim 🌿 3:15 TH Team Sports Club - Bocce Ball 🌿 6:00 GR Trivia Night</p>	<p>7 9:30 TH Flex & Fit 10:00 L Bible Study 10:30 TH Dance Music with Louie 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 3:30 GR Think Tank Booklets 6:00 GR Patrick Woods on Piano</p>	<p>8 9:00 O Shopping - Walgreens ✓ 10:00 TH Muscle Workout 10:30 TH Brain Muscle Workout 1:15 O Scenic Drive 1:30 TH Flex -Band & Walking Fitness Program 🌿 2:00 TH Sentimental Journey DVD 3:00 GR Ante Horse Racing Game 6:00 B Saturday Night @ the Movies</p>
<p>9 FAMILY FEUD SUNDAE 8:00 O Church Transportation 10:00 TH Body & Brain Muscle Workout 10:30 TH Brain Muscle Workout 1:30 TH Flex-Band & Walking Fitness Program 🌿 2:00 GR Bingo with the Billings 3:00 TH Family Feud & Sundaes 6:00 GR Letter Trivia</p>	<p>10 9:25 O Shopping: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 GR Cranium Puzzles 🌿 10:30 TH Relaxed Flex & Fit 1:30 O Art Studio 🌿 3:30 GR Concentration & Wacky Wordies 🌿 6:00 GR Common Words</p>	<p>11 LAST OF THE DOG DAYS DAY! 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Moment 🌿 10:30 TH Worship Service 1:15 TH Core & Balance 🌿 2:15 GR Brain Games - Cards & Dogs 🌿 3:15 TH Belmont Drama Club 🌿 6:00 GR Penny Left-Center-Right</p>	<p>12 9:15 O Lake Fox Croft Walk 9:30 TH Flex & Fit 🌿 10:00 PA 100 Years, 100 Stories 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:15 L Short Story w/Judy 🌿 1:45 B Fresh Floral Expressions 2:30 JK Wine and Cheese 6:00 GR Penny Bingo 7:00 L BV Bible Study</p>	<p>13 9:30 TH Muscle Fitness 🌿 10:00 TH Therapy Talk w/Paxxon 🌿 1:15 TH Core & Balance 🌿 1:45 L Travel Story w/Douglas 2:30 TH Violin Performance by Henrick 🌿 6:00 GR Trivia Night</p>	<p>14 9:30 TH Flex & Fit 10:00 L Bible Study 10:30 TH Relaxed Flex & Fit 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 3:30 GR Think Tank Booklets 6:00 GR Sports Trivia</p>	<p>15 9:00 O Shopping - Walgreens ✓ 10:00 TH Muscle Workout 10:30 TH Brain Muscle Workout 1:15 O Scenic Drive 1:30 TH Flex -Band & Walking Fitness Program 🌿 2:00 TH Sentimental Journey DVD 3:00 GR Ante Horse Racing Game 6:00 B Saturday Night @ the Movies</p>
<p>16 8:00 O Church Transportation 10:00 TH Body & Brain Muscle Workout 10:30 TH Brain Muscle Workout 1:30 TH Flex-Band & Walking Fitness Program 🌿 2:00 GR Bingo with the Billings 6:00 GR Letter Trivia</p>	<p>17 9:25 O Shopping: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 GR Cranium Puzzles 🌿 10:30 TH Relaxed Flex & Fit 1:30 TH Community Service Projects 🌿 3:00 GR Music Memory - "Name that Tune" 🌿 6:00 GR Hymn Singers</p>	<p>18 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Moment 🌿 10:30 TH Worship Service 1:15 TH Core & Balance 🌿 2:15 GR Brain Games - Words 🌿 3:15 TH Belmont Drama Club 🌿 6:00 GR Penny Left-Center-Right</p>	<p>19 9:30 O Kohls ✓ 9:30 TH Flex & Fit 🌿 10:00 PA 100 Years, 100 Stories 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:00 B Residents' Recipes 🌿 1:15 L Short Story w/Judy 🌿 2:30 JK Wine and Cheese 6:00 GR Penny Bingo 7:00 L BV Bible Study</p>	<p>20 9:30 TH Muscle Fitness 🌿 10:00 TH Chronicle-ology Trivia 🌿 10:30 TH Dancercise 🌿 1:15 TH Core & Balance 🌿 1:45 L Travel Story w/Douglas 2:30 TH Musical History with John - Big Bands 🌿 6:00 GR Trivia Night</p>	<p>21 9:30 TH Flex & Fit 10:00 L Bible Study 10:30 TH Tai Chi With Louie 🌿 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 3:30 GR Think Tank Booklets 6:00 GR Sports Trivia</p>	<p>22 9:00 O Shopping - Walgreens ✓ 10:00 TH Muscle Workout 10:30 TH Brain Muscle Workout 1:15 O Scenic Drive 1:30 TH Flex -Band & Walking Fitness Program 🌿 2:00 TH Sentimental Journey DVD 3:00 GR Ante Horse Racing Game 6:00 B Saturday Night @ the Movies</p>
<p>23 Church Transportation 10:00 TH Body & Brain Muscle Workout 1:30 TH Elvis Impersonator ★ 2:00 GR Bingo with the Billings 6:00 GR Letter Trivia</p>	<p>24 9:25 O Shopping: Jewel ✓ 9:30 GR Cranium Puzzles 🌿 9:30 TH Flex & Fit 🌿 11:30 O TGIF Restaurant 6:00 GR Common Words</p>	<p>25 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Moment 🌿 10:30 TH Worship Service 1:15 TH Core & Balance 🌿 2:30 TH Blues Jazz Club ★ 6:00 GR Penny Left-Center-Right</p>	<p>26 WHITE PARTY WINE & CHEESE! 9:30 TH Flex & Fit 🌿 9:30 O Shop: Target ✓ 10:00 L Parkinson's Class 10:00 PA 100 Years, 100 Stories 🌿 10:30 TH Relaxed Flex & Fit 11:30 B Our New Residents' Luncheon 🌿 1:15 L Short Story w/Judy 🌿 1:45 B Fresh Floral Expressions 2:30 JK Wear White Wine and Cheese ★ 6:00 GR Penny Bingo 7:00 L BV Bible Study</p>	<p>27 9:30 TH Muscle Fitness 🌿 10:00 TH Chronicle-ology Trivia 🌿 10:30 TH Dancercise 🌿 1:15 TH Core & Balance 🌿 1:45 L Travel Story w/Douglas 2:15 TH Bizarre Bingo 3:15 TH Team Sports Club - Bowling 🌿 6:00 GR Trivia Night</p>	<p>28 9:30 TH Flex & Fit 10:00 L Bible Study 10:30 TH Relaxed Flex & Fit 11:00 L Communion 11:30 JK Birthday Luncheon 🌿 1:30 TH Drumming Circle 🌿 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 3:30 GR Think Tank Booklets 6:00 GR Sports Trivia</p>	<p>29 9:00 O Shopping - Walgreens ✓ 10:00 TH Muscle Workout 10:30 TH Brain Muscle Workout 1:15 O Scenic Drive 1:30 TH Flex -Band & Walking Fitness Program 🌿 2:00 TH Sentimental Journey DVD 3:00 GR Ante Horse Racing Game 6:00 B Saturday Night @ the Movies</p>
<p>30 BELMONT LUAU 10:00 TH Body & Brain Muscle Workout 1:00 JK Hawaiian Luau ★ 2:30 GR Bingo with the Billings 6:00 GR Letter Trivia</p>	<p>31 Resident Council Committee Meets 9:25 O Shopping: Jewel ✓ 9:30 TH Flex & Fit 🌿 1:30 B Chat w/Chef 🌿 2:30 TH Resident Council Meeting 🌿 3:45 GR Meet and Greet -Julia 🌿</p>					



Resident Birthdays

- 8/4 Karen Makila
- 8/7 Theresa Smith
- 8/15 Frank Grass
- 8/15 Robert Wilson
- 8/22 Richard Vande Kieft
- 8/26 Douglas Clark
- 8/26 Therese Midha
- 8/29 Katie Heichele
- 8/29 Arlene Schwartz

Employee Birthdays

- 8/3 Entela Bylykbashi
- 8/4 Olivia Kocian
- 8/7 Amber Ross
- 8/7 Rebecca Curiale
- 8/8 Jean Alberto
- 8/8 Chetna Talati
- 8/10 Adelina Querubin
- 8/12 Kristjan Dhima
- 8/14 Ana Vibora
- 8/17 Jennifer Bischoff
- 8/21 Alma Ross
- 8/25 Lois Glaybo
- 8/25 Porfirio Roman
- 8/28 Melissa Ross
- 8/31 Irene Montana

Employee Anniversaries

- 7 Years Evgeni Cobani
- 6 Years Sheryl Turner
- 3 Years Vandana Gokhale
- 3 Years Kamila Kowalczyk
- 3 Years Susan Schaper
- 2 Years Maria Winkelhake
- 2 Years Dorret Webb
- 1 Year Ashley Long
- 1 Year Evangeline Sagun



HAWAIIAN LUAU

**Sunday, August 30,
Hawaiian Lunch**

11:00 a.m. - 1:00 p.m.

Guests - \$15

Guests under 12 - \$5

Residents no charge

Aloha Chicago Performs

1:00 p.m. - 2:00 p.m.

Appetizers and Tropical Punch
will be served during the
performances.

Neighborhood Luau

1st floor

Performance 1:00 p.m. - 1:20 p.m.

2nd floor

Performance 1:40 p.m. - 2:00 p.m.

**Resident
Spotlight**

Julia Kubacka

Julia worked double hard during National Senior Fitness Day. Julias' dedication to complete the sports course a second time to better her score, is what gave Julia the edge to win the 2015 National Senior Fitness title. Way to go Julia!



**Meet and Greet with Julia
Monday, August 31, @ 3:45 p.m.
Hors d' oeuvres and Cocktails**

Health and Wellness

The health and wellness of seniors are important issues for our aging society. Keeping our seniors healthy means more people will live productive lives for many years to come. Eating right and getting plenty of exercise are a big part of the picture. What else can seniors do to safeguard their health?

GET SCREENED FOR CANCER: The incidence of most cancers increases greatly with age. Getting screened for cancer is an easy way to protect your health.

COLORECTAL CANCER: Most colon and rectal cancers arise from benign growths called polyps. Screening can catch polyps before they turn into cancer. Adults over 50 should be screened regularly. Four options exist for screening: Fecal occult blood testing (FOBT), annually: This is a simple test which is performed at home. It involves taking samples from three consecutive bowel movements. Flexible sigmoidoscopy is done every 5 years. A sigmoidoscope is a flexible tube with a tiny camera on the end, which a doctor can use to examine the inside of the rectum and lower part of the colon. This test can be performed right in the doctor's office. Colonoscopy is done every ten years. Colonoscopy uses a tiny camera to examine the entire colon. This procedure will take

only half an hour but will require anesthesia. Double Contrast Barium Enema is done every 5 years. It involves drinking a special substance which makes a colon more visible on an X-ray.

BREAST CANCER: Women over 40 should have a mammogram every one to two years. A mammogram is a simple X-ray test designed to rule out breast cancer. It involves gently flattening the breast on an X-ray plate and then taking a quick radiograph. A 10 minute exam that could save your life.

PROSTATE CANCER: The prostate is a small, walnut shaped gland that is part of the male reproductive system. Screening for prostate cancer is controversial. The test is available but is not reliable. Also some prostate cancers grow so slowly that the value of treatment is uncertain. On the other hand, when the cancer is more aggressive, this disease can be fatal. The two tests commonly used are PSA Blood Test and Digital Rectal Exam.

KEEP BLOOD PRESSURE IN CHECK: High blood pressure doesn't usually have any physical symptoms. But if left unchecked, high blood pressure can have serious effects which can lead to heart attacks, strokes, and circulation problems. Adults should be checked for high blood pressure at least once every two years, more often if they have certain risk factors.

Resident Services

Laboratory Services

The services are offered by appointment. Please see Nicole Motycka for more information.

Ask the Pharmacist

Pete Toke, PharmD, FASCP
Third Friday of the month
at 2 p.m. in the library. Call the concierge desk to make an appointment.

Podiatry Services

Available at Belmont Village
each month by Dr. Robin
Pastore, D.P.M. Call the
concierge desk to make
an appointment.

Audiologist

Dr. Sheri Billings, Aud F-AAA
from the Hearing Doctors.
Fourth Monday of the month
at 9 a.m. in the library.
Call the concierge desk for
an appointment.

Wheelchair Clinic

Third Monday of every month at
11 a.m. Sign up with Concierge.

Low Vision Support Group

Low Vision Support Group
facilitated by Spectrios meets at
Belmont Village on the second
Sunday of the month in Town
Hall. Residents with vision
impairments are welcome.



EMPLOYEE OF THE MONTH



Congratulations Lisa Hennek!

We appreciate Lisa for the fun and spirited way she works. Lisa is an exceptionally cheerful team member who goes out of her way to brighten every experience on every day for not only our residents but for staff as well. Her exceptional customer service skills as a server means that she anticipates residents needs and provides quick and efficient service. Her teamwork skills are also greatly appreciated by her team members. Thank you Lisa for making Belmont Village a special (and really fun) place to work and live. We appreciate your dedication!