



# Belmont Village of Glenview Village NEWS

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

June 2015

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## Happy Father's Day

*"It is only when you grow up, and step back from him—or leave him for your own career and your own home—it is only then that you can measure his greatness and fully appreciate it. Pride reinforces love."*

—Margaret Truman

June is the month where I am a bit self indulgent, and I talk about my daughters, Jenna and Samantha. Since they both have June birthdays, it is my favorite month of the year. It is also a bittersweet time that always makes me very nostalgic and emotional as I face the passing of the years which seems to pass ever more quickly.

This year Jenna will turn 17 and Samantha will turn 15. Samantha has done very well in her first year of high school. Right now she is mad at me for not letting her get multiple ear piercings and color her hair. We survived having both girls in different high schools while competing in all of the same sports of cross country, basketball and track. I am constantly amazed how busy they both are and how organized they and their peers have to be to manage heavy school workloads and extra activities. Their schedules are exhausting, and I want their summer to be fun and not too busy. Between trips, sports and

Jenna's new job, we are looking forward to summer.

Jenna of course is in the midst of standardized testing and preparation for college applications. We have been visiting schools in different areas of the country for a while now, and it is highly likely that Jenna will opt for school somewhere out east. I cannot imagine what it will be like when she is away. I have one more year of high school left with her, and I value every day with her and Samantha.

Our time with our children is fleeting, and they are with us for such a short period of time in their lives. It is our job to teach and nurture them to leave us. I just never thought it would be here so soon! There is no place I would rather be than with my daughters.

I will miss spending Father's Day with my dad again this year. It is hard being far away, and my visits to my parents are not frequent enough, especially since it is harder for them to travel.

Happy Father's Day to all of our residents, family and staff, near and far! What a great time to celebrate the role models in our lives and the lives of our children!





## JUNE BIRTHDAYS & ANNIVERSARIES

### Resident Birthdays

- 4 Helen Blomquist
- 5 Peggy Alford
- 5 Taizo Okuda
- 15 Larry Cinat
- 20 Carolyn Zuelke
- 26 Margaret Spira
- 28 Lorraine Rodgers

### Employee Birthdays

- 3 Leo J., PAL
- 4 Carol L., Concierge
- 7 Alejandro V., Server
- 9 Paul W., Driver
- 11 Rich T., Building Engineer
- 13 Meduna G., PAL
- 15 Dave L., Building Engineer Assistant
- 22 Mario D., MU Chef Mgr.
- 29 Ebby P., Nurse

### Employee Anniversaries

- 13 Years Oscar S., Dishwasher
- 11 Years Agnes M., Nurse
- 9 Years Jairo M., PAL
- 7 Years Rich T. Bldg Engineer
- 6 Years Cece M., PAL
- 4 Years Becky K., Activity Assistant
- 4 Years Bishnu R., PAL
- 3 Years Heylim A., Activity Assistant



## Circle of Friends



Horseshoes in the sunshine!



## Neighborhood Unit



For the first time ever, we had a petting zoo at Belmont Village. Residents were able to interact with lizards, hedgehogs, ferrets and more. The highlight was a giant bunny! Gerry T. loved spending time with Munroe, the Flemish Giant Rabbit.

## Employee of the Month

### May Naoom

Server, April 2015

May has been at Belmont since September 2012. First starting as a part-time server, she is now full-time and continues to pick up shifts when needed. She is reliable in every aspect of her job. She has taken a leadership role with the absence of a Dining Room Coordinator and has been a great help in the success of recent sales events. May is a great employee and we are happy to have her with us!







## Chicago Botanic Garden—Tuesday Morning Music

Every Tuesday in the summer at Chicago Botanic Garden from 10 to 11 a.m. We depart at 9:15 a.m. Sign up at Concierge; concert is free of charge. Note: The concert is quite a distance from the entrance, and may require extended walking.

6/9 *The Merit Jazz Combo*

6/16 *Music Institute of Chicago*

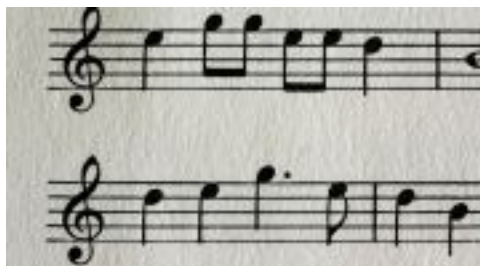
6/23 *Common Knowledge*

6/30 *Bamboo Melody*

## Community Reminders

- Do not dispose of any wipes in the toilet, flushable or not. They will clog our plumbing system.
- With the change in weather it is hard to regulate the heat inside the building. If you open the windows in your room, we ask that you please keep your front door shut.
- Doors leading outside must be closed at all times. You may access the decks and patios, but we ask you do not prop the doors open.
- Please do not place anything on top of the heating/air units, especially plants that need to be watered. This is a safety issue and can also result in water damage to the unit.

Enjoy the beautiful weather! Thank you!



## Charles Troy Presents: "A Little Night Music"

Wednesday, June 3

1:30 p.m.

Tickets: \$15

Skokie Theatre

Sign up at Concierge; tickets are limited.

Stephen Sondheim's most delightful and approachable show of his mature period has its basis in "Smiles of a Summer Night," a 1955 comic film by ... Ingmar Bergman! If you love Sondheim, you'll delight in examining his brilliant lyrics on screen and enjoying his surprisingly tuneful melodies. If you don't like Sondheim, come anyway for his most popular song ever, "Send in the Clowns"—and then be prepared to be surprised by how much you like this show! Charles Troy, popular speaker and presenter, is an acclaimed musical theatre historian and graphic designer. Over the past seven years, Charles has created over 50 multi-media presentations and had presented his work to countless local and national audiences. His work has also been published in *The Sondheim Review*.

## June Outings

1	Shop Marianos
3	"A Little Night Music" Skokie Theatre
6	Shop Walgreens
8	Shop Walmart
9	CBG-Morning Music
12	Movie Outing
13	Shop Walgreens
15	Shop Marianos
16	CBG-Morning Music
17	Lunch Outing Curragh Irish Pub
20	Shop Walgreens
22	Shop Walmart
23	CBG-Morning Music
26	Movie Outing
27	Shop Walgreens
29	Shop Marianos
30	CBG-Morning Music
TBD	Peggy Notaebart Nature Museum

For our shopping trips, we begin boarding the bus at 10:30 a.m. Scenic drives are on Saturday for the Neighborhood and Sunday for Circle of Friends and AL residents.

Please refer to your daily announcements for the exact times of each outing.

Sign up with the concierge in advance.

## June Entertainers

3	Clarence Goodman
10	Babette Dean
16	Bill Helmuth Travels
17	Alex Talbott
21	Randy Walker
24	Nowstalgia



**WEEKLY &  
BI-WEEKLY  
EVENTS**

**MONDAY**

Pottery

**TUESDAY**

In the News

**WEDNESDAY**

Wine and Cheese

Parkinson's Class

Crossword Club

**THURSDAY**

Dancercise

Book Club

**FRIDAY**

Tai Chi

Art Class

**SATURDAY**

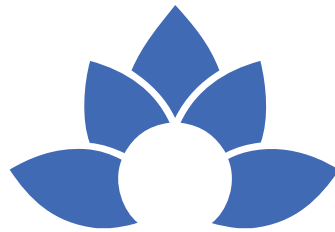
Chair Exercise

\* MBA Club Program

**Sunday**

**Monday**

**Tuesday**



**All Designated MBA  
Activities Are Underlined  
in the Calendar**

Sunday	Monday	Tuesday
<p>9:45 Sit and Be Fit-TH</p> <p><b>*10:15 Balance Class-TH</b></p> <p><b>*10:45 Meditation</b></p> <p><b>Moment-GR</b></p> <p>10:45 Shop Marianos-O</p> <p>1:00 Blackjack-TH</p> <p><b>*1:00 Pottery-TH</b></p> <p><b>*3:00 MBA Meeting-CFL</b></p> <p>7:00 PAL Bingo</p>	1	2
<p>9:45 Sit and Be Fit-TH</p> <p><b>*10:15 Balance Class-TH</b></p> <p><b>*10:45 Meditation</b></p> <p><b>Moment-GR</b></p> <p>10:45 Shop Walmart-O</p> <p>1:00 Blackjack-TH</p> <p><b>*1:30 Outdoor Gardening-P</b></p> <p><b>*3:15 Fashion 411 "Anna Winter"-GR</b></p> <p>7:00 PAL Bingo</p>	8	9
<p>9:45 Family Bible Hour-L</p> <p>2:00 Matinee Movie-TH</p> <p>2:00 Scenic Drive -CO</p> <p><b>*3:30 Ice Cream Float</b></p> <p><b>Social-B</b></p> <p>7:00 Movie &amp; Popcorn -TH</p>	7	16
<p><b>Flag Day</b></p> <p>9:45 Family Bible Hour-L</p> <p>2:00 Matinee Movie-TH</p> <p>2:00 Scenic Drive -CO</p> <p><b>*3:30 Manager's Choice -GR</b></p> <p>7:00 Movie &amp; Popcorn -TH</p>	14	15
<p><b>Father's Day</b></p> <p>9:45 Family Bible Hour-L</p> <p>11-1:00 Father's Day Lunch-JK</p> <p>2:00 Scenic Drive -CO</p> <p>2:30 Randy Walker Performs-GR</p> <p>7:00 Movie &amp; Popcorn -TH</p>	21	22
<p>9:45 Sit and Be Fit-TH</p> <p><b>*10:15 Balance Class-TH</b></p> <p><b>*10:45 Meditation</b></p> <p><b>Moment-GR</b></p> <p>10:45 Shop Walmart-O</p> <p>1:00 Blackjack-TH</p> <p><b>*1:30 Outdoor Gardening-P</b></p> <p><b>*3:15 Music History "Cole Porter"-L</b></p> <p>7:00 PAL Bingo</p>	22	23
<p>9:45 Sit and Be Fit-TH</p> <p><b>*10:15 Balance Class-TH</b></p> <p><b>*10:45 Meditation</b></p> <p><b>Moment-GR</b></p> <p>10:45 Shop Marianos-O</p> <p>1:00 Blackjack-TH</p> <p><b>*1:00 Chronology-CFL</b></p> <p><b>*3:00 Craft Club-CFL</b></p> <p>7:00 PAL Bingo</p>	28	29
<p>9:45 Sit &amp; Be Fit-TH</p> <p><b>*10:15 Yoga With Caily-TH</b></p> <p><b>*10:45 "In the News"-L</b></p> <p>1:00 Poker-TH</p> <p><b>*2:00 Historical Figures "First Ladies"-GR</b></p> <p><b>3:30 Dominoes-P</b></p> <p>7:00 Movie and Popcorn-TH</p>		30
<p>9:15 CBG-Tuesday Morning Music-O</p> <p>9:45 Sit &amp; Be Fit-TH</p> <p>1:00 Poker-TH</p> <p><b>*2:00 Botanic Gardens-B</b></p> <p><b>*3:15 "In the News"-L</b></p> <p>3:30 Dominoes-P</p> <p>7:00 Movie and Popcorn-TH</p>		16
<p><b>9:15 CBG-Tuesday Morning Music-O</b></p> <p>9:45 Sit &amp; Be Fit-TH</p> <p>1:00 Dancing With Louie-TH</p> <p><b>*2:00 Bill Helmuth Travels-TH</b></p> <p><b>*3:15 Bon Appétit "Cheese, Please"-B</b></p> <p>3:30 Dominoes-P</p> <p>7:00 Movie and Popcorn-TH</p>		17
<p><b>9:15 CBG-Tuesday Morning Music-O</b></p> <p>9:45 Sit &amp; Be Fit-TH</p> <p>1:00 Poker-TH</p> <p><b>*1:30 Yoga With Caily-TH</b></p> <p><b>*3:15 Wine Tasting-CFL</b></p> <p>3:30 Dominoes-P</p> <p>7:00 Movie and Popcorn-TH</p>		24
<p><b>9:15 CBG-Tuesday Morning Music-O</b></p> <p>9:45 Sit &amp; Be Fit-TH</p> <p>1:00 Poker-TH</p> <p><b>*2:00 Resident Council-TH</b></p> <p>3:15 Ladies' Cocktails-L</p> <p>3:30 Dominoes-P</p> <p>7:00 Movie and Popcorn-TH</p>		31



**CALENDAR KEY**

- TH Town Hall
- GR Great Room
- B Bistro
- CFL Ctr for Learning
- O Outing
- L Library
- P Parlor
- JK Josephine's Kitchen

# June 2015

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Advanced Exercise-TH</b>                      12:30 "A Little Night Music"-O                      1:00 Parkinson's Exercise-TH  <b>*1:30 Crossword Club-GR</b>                      2:30 Wine and Cheese With Clarence Goodman-GR                      7:00 Movie and Popcorn-TH</p>	<p>4</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Total Core &amp; Body-TH</b>  <b>*10:45 Book Club-L</b>                      1:00 Poker-L  <b>*2:00 Dancercise-TH</b>  <b>*3:00 Craft Club-CFL</b>                      7:00 PAL Bingo-TH</p>	<p>5</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Art Class-TH</b>                      1:00 Poker-TH                      1:00 Ceramic Painting-B  <b>*2:00 Men's Club</b>  <b>*3:00 Glee Club-GR</b>                      4:00 Shabbat-L                      7:00 Movie &amp; Popcorn-TH</p>	<p>6</p> <p>10:00 Body for Life-TH                      10:45 Shop Walgreens-O                      1:30 Bingo-TH  <b>*3:30 Manager's Choice-GR</b>                      7:00 Movie &amp; Popcorn-TH</p>
<p>10</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Advance Exercise-TH</b>                      1:00 Parkinson's Exercise-TH  <b>*1:30 Brain Boost-GR</b>                      2:30 Wine and Cheese With Babette Dean-GR                      7:00 Movie and Popcorn-TH</p>	<p>11</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Total Core &amp; Body-TH</b>  <b>*10:45 Book Club-L</b>                      1:00 Poker-L  <b>*2:00 Dancercise-TH</b>                      6:30 St. Isaac's Prayer &amp; Communion Service-L                      7:00 PAL Bingo-TH</p>	<p>12</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Tai Chi-TH</b>                      1:00 Poker-TH                      1:00 Movie Outing-O  <b>*2:30 Bocce Ball-P</b>                      4:00 Shabbat-L                      7:00 Movie &amp; Popcorn-TH</p>	<p>13</p> <p>10:00 Chair Exercise-TH                      10:45 Shop Walgreens-O                      1:30 Bingo-TH  <b>*3:30 Manager's Choice-GR</b>                      7:00 Movie &amp; Popcorn-TH</p>
<p>17</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Advance Exercise-TH</b>                      11:00 Lunch Outing "Curragh Irish Pub"-O                      1:00 Parkinson's Exercise-TH  <b>*1:30 Crossword Club-GR</b>                      2:30 Wine and Cheese With Alex Talbott-GR                      7:00 Movie and Popcorn-TH</p>	<p>18</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Total Core &amp; Body-TH</b>  <b>*10:45 Book Club-L</b>                      1:00 Poker-L  <b>*2:00 Chat With the Chef-B</b>  <b>*3:00 Father's Day Centerpieces-CFL</b>                      7:00 PAL Bingo-TH</p>	<p>19</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Art Class-TH</b>                      1:00 Poker-TH                      1:00 Ceramic Painting-B  <b>*2:00 Drumming Circle-TH</b>  <b>*3:00 S'mores Social-P</b>                      4:00 Shabbat-L                      7:00 Movie &amp; Popcorn-TH</p>	<p>20</p> <p>10:00 Body for Life-TH                      10:45 Shop Walgreens-O                      1:30 Bingo-TH  <b>*3:30 Manager's Choice-GR</b>                      7:00 Movie &amp; Popcorn-TH</p>
<p>24</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Advance Exercise-TH</b>                      1:00 Parkinson's Exercise-TH  <b>*1:30 Brain Boost-GR</b>                      2:30 Wine and Cheese With Nowstalgia-GR                      7:00 Movie and Popcorn-TH</p>	<p>25</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Total Core &amp; Body-TH</b>  <b>*10:45 Book Club-L</b>                      1:00 Poker-L  <b>*2:00 Dancercise-TH</b>  <b>*3:15 Watermelon Seed Contest-P</b>                      6:30 St. Isaac's Prayer &amp; Communion Service-L                      7:00 PAL Bingo-TH</p>	<p>26</p> <p>9:45 Sit and Be Fit-TH  <b>*10:15 Tai Chi-TH</b>                      12:00 Resident Birthday Lunch-JK                      1:00 Poker-TH                      1:00 Movie Outing-O  <b>*2:30 Horseshoes-P</b>                      4:00 Shabbat-L                      7:00 Movie &amp; Popcorn-TH</p>	<p>27</p> <p>10:00 Chair Exercise-TH                      10:45 Shop Walgreens-O                      1:30 Bingo-TH  <b>*3:30 Manager's Choice-GR</b>                      7:00 Movie &amp; Popcorn-TH</p>

\*Computer classes are available by appointment. Stop in the Center for Learning and see Caily for more information and availability.







# Spiritual Corner

## Family Bible Hour

Sundays at 9:45 a.m.  
in the Library

## St. Isaac Jogues

Thursday, June 11, at 6:30 p.m.  
in the library (Communion  
Service) and Thursday, June 25  
(Prayer and Communion).

## Shabbat Service

Fridays at 4 p.m. in the library  
with Paula Drues;  
families welcome.

## Communion Weekly After

## Wine and Cheese (by request)

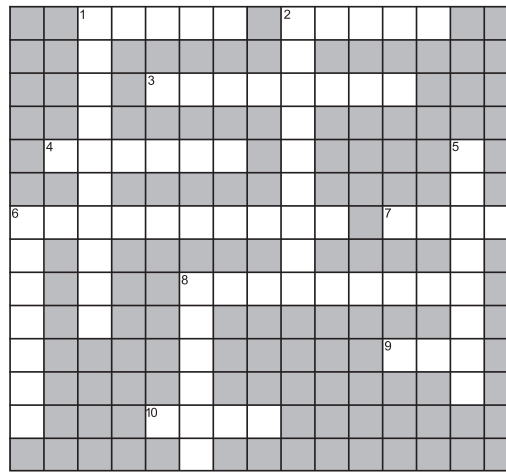
Transportation to religious  
services is available on the  
weekends or by request during  
the week. Private PALs may be  
needed for services; contact the  
Front Desk.

# Resident Council



All residents are encouraged to  
attend the Belmont Village  
Resident Council Meeting,  
which is held on the last  
Tuesday of this month in the  
Town Hall. Bring any  
comments, questions or  
concerns to the heads of  
each department.

Tuesday, June 30, at 2 p.m.

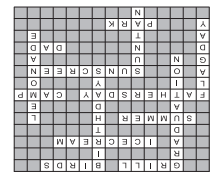


### Across:

1. Portable device for cooking
2. They have feathers, wings and beak
3. Sweet frozen food
4. Warmest season
6. Dad's day
7. Temporary accommodations
8. Lotion that protects from the sun
9. Child's father
10. Large public green area

### Down:

1. Receiving academic degree
2. Annual anniversaries of the day people are born
5. Drink made from lemons
6. Day of the country's symbol
8. Browning of skin



## Parkinson's Exercise Class

*We're Sharing the Health with a  
FREE, ongoing Exercise Class:*

**Class meets at 1 p.m.**

**Every Wednesday**

**Belmont Village Assisted Living  
2200 Golf Rd.**

**Glenview, IL 60025**

Recent research has shown that  
exercise can have a positive effect  
on Parkinson's disease. Learn  
more about the overall benefits of  
physical activity as you participate  
in Belmont Village's  
complimentary Parkinson's  
Exercise Class.

# Welcome New Residents



*If you see a new face,  
Don't be shy,  
Wave your hand  
and give a big hi!*

Please welcome our newest  
residents:

**Sheila F.**

**Ellen G.**

**Anna Maria L.**

**William S.**

Invite them to sit with you at a  
meal, join you for an activity or  
just sit down and chat!





## Health Topic of the Month

### Muscle Cramp: A Real Pain

Anyone who has experienced a muscle cramp (Charley horse) can attest to the fact that it can be quite painful. Muscle cramps occur when muscles involuntarily contract and cannot relax.

The skeletal muscles (those over which we have voluntary control) are most prone to cramping. The skeletal muscles in the calf, thigh, and arch of the foot are most notorious sites of cramps.

Cramps can be perceived as mild twitches or may be excruciatingly painful. Typically, cramps cause an abrupt, intense pain in the involved muscle.

Often a muscle that is cramping feels harder than normal to the touch or may even show visible signs of twitching. Most cramps resolve spontaneously within a few seconds to minutes.

It is not known exactly why muscle cramps develop. Insufficient stretching before exercise, exercising in the heat, and muscle fatigue may all play a role in their causation. Imbalances in the levels of electrolytes (sodium, potassium, chloride, calcium and phosphate) in the blood can also lead to muscle cramps.

**Stretch**—If you're in the throes

of a cramp, stretching can provide relief. For a foot or calf cramp, sit or lie down and flex the toes of the affected leg or foot upward toward your nose. This action works by pulling the calf and foot muscles in the opposite direction of the contracted muscles. Massaging the area could minimize discomfort, too.

### Mailbox Reminder

Resident mailboxes are located in the Bistro on the first floor of the building. Mail from within the building and the USPS is put into the mailboxes almost daily by our drivers. Please remember to check the mailboxes regularly, so mail does not pile up. We will try to keep you informed if the mailbox becomes full. Residents are given two mailbox keys upon move-in. If you need an additional key, please fill out a work order with Concierge. Thank you!



### Wit and Wisdom

"When fate hands you a lemon,  
make lemonade."



### Therapy Tip of the Month

When we eat quickly, our body thinks it needs more food to be satisfied. It takes approximately 20 minutes for our brains to get the message that we are feeling full. Slow down when you eat! Give your brain time to get the message that you are no longer hungry!

### Monthly Therapy In-Service

Heart Healthy Living is the topic of our June In-Service. Heart disease causes over 600,000 deaths every year in the U.S., with another 27 million Americans living with it every day. Fortunately, some simple dietary and lifestyle changes can go a long way in reducing your risk. Come learn more about a heart healthy lifestyle.

### Therapy Challenge of the Month

We will have another Nu-Step Challenge competition between residents. From June 1 until June 30, the resident who takes the most "steps" on the bikes through the month of June will win a prize. Will you "Step Up to the Challenge?"

Congratulations to Nick V. who won the competition for May! He achieved 65,245 steps.



# Animal Quest Visits Belmont Village



Elaine J.



Laverne P.



Annette T.



Marvin S.



Alexandra P.



MaryJane B.



2200 Golf Road  
Glenview, IL 60025

SC Lic. 52084  
[www.belmontvillage.com](http://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

