



Belmont Village of Glenview VillageNEWS

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

October 2015

Our Team

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Building Engineer



Michele's Note

"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect your future. You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life."

-Steve Jobs

Caily O'Donovan joined our Glenview team in 2009 as Activity Program Coordinator. In the six years that she has been here, she has done an excellent job with all of our levels of activities. From our book club, music & art programs, to some of our unique events such as "Day at the Opera," "Amazing Race," "Survivor" and, most recently, our Belmont Boutique. She has added a great sense of creativity and style to our events. This past year, her hard work was recognized as she received the company award for "Sets New Standards."

Caily has always been willing to accommodate requests from our residents for trips and activities, and wants to make our residents happy. She is always calm, organized and has always willingly volunteered to help out in any area needed (including handling all of the computer

questions and issues that some of us older folks will never learn!). She is a true team player, and she is very loved and respected by residents and staff. Her passion for her work and seniors is evident in everything that she does.

We have been part of Caily's life while she got engaged, married, bought her first home and got her puppy, Freddie. Now we are going to be part of her next life event, for it is with both great joy and great sorrow that I announce Caily has accepted our Executive Director in Training position, which will take her to different areas of the country over the next year.

Belmont Village is committed to supporting our employees and offering new opportunities within our company. Although we will miss her terribly, we are thrilled to support her in her new role. Please join me in congratulating Caily. I have no doubt of her success as an executive director, and I am proud that we have been part of her life on her road to new opportunities and success.

"If you have to support yourself, you had bloody well find some way that is going to be interesting!"

Katherine Hepburn

"Your work is to discover your work and then with all your heart to give yourself to it."-Buddha



Resident Birthdays

- 7 Mona Reynolds
- 11 Violet Collins
- 12 Tony Masiarz
- 19 Julia Segel
- 22 Hilde Braeseke
- 22 Shirlee Rubenstein
- 22 MaryElla Garner
- 23 Stan Kloc
- 23 Carolyn Wilkerson
- 24 Jane Coleman
- 24 Carol Towne
- 29 Bob Rieker

Employee Birthdays

- 2 Susan W., Activity Asst.
- 3 May N., Server
- 4 Vilma Y., PAL
- 7 Justina E., PAL
- 10 Ha F., PAL
- 12 Joselito M., PAL
- 14 Puspa P., Dishwasher
- 15 Kharen P., PAL
- 17 Veronica W., Activity Assistant
- 24 James L., PAL
- 26 Raissa V., Server
- 31 Akhil C., PAL

Employee Anniversaries

- 14 Year Amelia R., Human Resource Coord.
- 13 Year Rosie V, Server
- 11 Year Inez D., Server
- 9 Years Jenene P., Community Relations
- 5 Years Offelia J.
- 3 Years Alexandria M., PAL & Concierge
- 3 Years Oscar G., Driver
- 3 Years Minerva C., PAL
- 1 Year Johnny R., PAL

Circle of Friends



Fran & Mona

We decided to take one more visit down to our beautiful city before the cold weather comes in. We didn't expect it to be one of the hottest days all year! We enjoyed our day at Lincoln Park Zoo, heat and all!

Neighborhood Unit

Attention Neighborhood family members: We will be adding frames next to your family members' rooms and are hoping for your help. We would like to include a wedding picture or another significant picture from their past to proudly display. If you have any questions or are ready to bring a photo you can contact Aleksandra Staszalek at (847) 657-7100 or email her at astaszal@belmontvillage.com.



Employee of the Month

Johnny Robinson
PAL, August 2015

Johnny is celebrating his one year anniversary with Belmont Village and what better way than as Employee of the Month? He is one of the most caring, generous, kindest employees we have ever had. He is adored and loved by everyone. He greets everyone with his million dollar smile and a kind word. If you are having a bad day, Johnny is always there to cheer you up!



Skokie Theatre

Charles Troy Presents ...
Jerome Kern and the Birth of the American Musical
Wednesday, Oct. 7
1:30 pm Tickets: \$15

100 years ago this year, a series of innovative shows at the tiny Princess Theatre in Manhattan, all with music by Jerome Kern, gave birth to the American Musical, authorities agree. The influence of these shows at the time, and going forward, was huge - alas, due to their badly dated scripts, they're un-producible and forgotten today. But wait till you hear the delightful, melodious songs written by Kern and his collaborators, in a presentation that recreates an entire era!

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 has presented his work to countless local and national audiences. His work has also been published in The Sondheim Review.

Upcoming Programs:
The Creation of Show Boat
Wednesday, Nov. 4
The Creation of Cabaret
Wednesday, Dec. 2



Concierge Hours

Please be aware of our new Front Desk/Concierge hours:
8 am-9 pm.

The front door will be unlocked between these hours. Please sign in and out regardless of the doors being locked. If the doors are locked, you must push the doorbell and wait for an available staff member to open the door. Phone calls received after hours are transferred to the nurse's cell phone.

Belmont Boutique

Our Second Annual Belmont Boutique is underway in the building. The residents and staff are hard at work but we need your help!

We are looking for donations from expert knitters and crocheters, or any assistance you are able to give. If you are interested in donating handmade items, please contact Aleksandra Staszalek at astaszal@belmontvillage.com or 847-657-7100.

The Belmont Boutique will be held on Sunday, Dec. 6, open to all residents, families and friends. Following that date, it will be open until we run out of inventory! Proceeds from the Holiday Boutique will go to the Alzheimer's Association. Any additional questions or comments, contact Aleksandra or Concierge.

October Outings

- 2 Movie Outing
- 3 Shop Walgreens
- 5 Shop Marianos
- 7 Skokie Theatre
Charles Troy Presents...
Jerome Kern
- 10 Shop Walgreen's
- 12 Shop Walmart
- 16 Movie Outing
- 17 Shop Walgreens
- 19 Shop Marianos
- 24 Shop Walgreens
- 26 Shop Walmart
- 28 Lunch Outing
Jolane's Cafe
- 31 Shop Walgreens

For our shopping trips, we begin boarding the bus at 10:30 a.m. Scenic drives are on Thursday and 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.

Outings with walking may require a private PAL.

October Entertainers & Presenters

- 7 Babette Dean
- 14 Nowstalgia
- 20 Bill Helmuth Travels
- 21 Luke Lucky
- 28 Jeff Deutsch
- 31 Dennis Koppo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Calendar is subject to change during our transition. Please use the Daily Schedule as your guide. You can find the Daily Schedule at the Front Desk.</p>						
4	5	6	7	8	9	10
<p>9:45 ■ Family Bible Hour 12:00 ■ Bears Game Viewing (CBS) 1:30 ■ Bingo 2:00 ■ Scenic Drive ● 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Balance Class ■ 10:45 ■ Meditation Moment ■ 1:00 ■ Shopping ● 1:00 ■ Blackjack 1:00 ■ Pottery ■ 3:00 ■ Fashion 411 ■ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Yoga with Caily ■ 1:00 ■ Poker 2:30 ■ CL Craft Corner: Holiday Plates ■ 3:30 ■ Dominoes 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Boot Camp ■ 10:45 ■ "In the News" ■ 12:30 ■ Charles Troy Presents... ● 1:00 ■ Parkinson's Exercise Class ■ 1:45 ■ Crossword Club ■ 2:30 ■ Wine & Cheese with Babette Dean ★ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Total Core & Body ■ 10:45 ■ Book Club ■ 1:00 ■ Blackjack 2:00 ■ Painting Class ■ 3:15 ■ Music History ■ 6:30 ■ St. Isaac's Prayer & Communion 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Art Class (Drawing) ■ 1:00 ■ Movie Outing ● 1:00 ■ Poker 2:00 ■ B Ceramic Painting ■ 4:00 ■ Shabbat Service 7:00 ■ Movie & Popcorn</p>	<p>10:00 ■ TH Body For Life 10:30 ■ Shop Walgreens ● 1:30 ■ TH Bingo 2:45 ■ CL MBA Meeting ■ 7:00 ■ TH Movie & Popcorn</p>
11	12	13	14	15	16	17
<p>9:45 ■ Family Bible Hour 12:00 ■ Bears Game Viewing (Fox) 1:30 ■ Bingo 2:00 ■ Scenic Drive ● 7:00 ■ Movie & Popcorn</p>	<p>Columbus Day 9:45 ■ Sit & Be Fit 10:15 ■ Balance Class ■ 10:45 ■ Shopping ● 10:45 ■ Meditation Moment ■ 1:00 ■ Blackjack 2:00 ■ B Belmont Culinarians ■ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:30 ■ Trivia 1:00 ■ Poker 2:00 ■ B Botanic Garden "Mum Pumpkins" 3:30 ■ Dominoes 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Boot Camp ■ 1:00 ■ Parkinson's Exercise Class ■ 1:45 ■ Crossword Club ■ 2:30 ■ Wine & Cheese with Nowstalgia ★ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Total Core & Body ■ 10:45 ■ Book Club ■ 1:00 ■ Blackjack 2:00 ■ Painting Class ■ 3:15 ■ CL Chronology ■ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Art Class (Drawing) ■ 10:15 ■ Tai Chi ■ 1:00 ■ Movie Outing ● 1:00 ■ Poker 2:00 ■ TH Drumming Circle ■ 4:00 ■ Shabbat Service 7:00 ■ Movie & Popcorn</p>	<p>10:00 ■ TH Body For Life 10:30 ■ Shop Walgreens ● 1:30 ■ TH Bingo 2:45 ■ Student-Led Activities 7:00 ■ TH Movie & Popcorn</p>
18	19	20	21	22	23	24
<p>9:45 ■ Family Bible Hour 1:30 ■ Bingo 2:00 ■ Scenic Drive ● 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Balance Class ■ 10:45 ■ Shopping ● 10:45 ■ Meditation Moment ■ 1:00 ■ Pottery ■ 1:00 ■ Blackjack 3:00 ■ Glee Club Sing-Along ■ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:30 ■ Trivia 1:00 ■ TH Dancing with Louie ■ 1:00 ■ Poker 2:00 ■ TH Bill Helmuth Travels ■ 3:30 ■ Dominoes 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Boot Camp ■ 10:45 ■ "In the News" ■ 1:00 ■ Parkinson's Exercise Class ■ 1:45 ■ Crossword Club ■ 2:30 ■ Wine & Cheese with Luke Lucky ★ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Total Core & Body ■ 10:45 ■ Book Club ■ 1:00 ■ Blackjack 2:00 ■ Painting Class ■ 6:30 ■ St. Isaac's Prayer & Communion 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ TH Tai Chi ■ 1:00 ■ Poker 2:00 ■ B Ceramic Painting ■ 4:00 ■ Shabbat Service 7:00 ■ TH Movie & Popcorn</p>	<p>10:00 ■ TH Chair Exercise 10:30 ■ Shop Walgreens ● 1:30 ■ TH Bingo 7:00 ■ TH Movie & Popcorn</p>
25	26	27	28	29	30	31
<p>9:45 ■ Family Bible Hour 12:00 ■ Bears Game Viewing (Fox) 1:30 ■ Bingo 2:00 ■ Scenic Drive ● 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Balance Class ■ 10:45 ■ Shopping ● 10:45 ■ Meditation Moment ■ 1:00 ■ Blackjack 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ TH Therapy In-Service ■ 10:30 ■ Trivia 1:00 ■ Poker 2:00 ■ TH Resident Council ■ 3:15 ■ Ladies Cocktails ♥ 3:30 ■ Dominoes 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ Boot Camp ■ 10:45 ■ "In the News" ■ 11:00 ■ Lunch Outing-Jolane's Cafe ● 1:00 ■ Parkinson's Exercise Class ■ 1:45 ■ Crossword Club ■ 2:30 ■ Wine & Cheese with Jeff Deutsch ★ 7:00 ■ Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 10:15 ■ TH Total Core & Body ■ 10:45 ■ Book Club ■ 1:00 ■ Blackjack 2:00 ■ Painting Class ■ 2:30 ■ B Chat with the Chef 7:00 ■ TH Movie & Popcorn</p>	<p>9:45 ■ Sit & Be Fit 12:00 ■ JK Resident Birthday Lunch ♥ 1:00 ■ Poker 2:00 ■ CL Halloween Centerpiece Creation 4:00 ■ Shabbat Service 7:00 ■ TH Movie & Popcorn</p>	<p>Halloween 10:00 ■ TH Chair Exercise 10:30 ■ Shop Walgreens ● 1:30 ■ GR Halloween Costume Contest ♥ 1:30 ■ TH Bingo 2:30 ■ GR Dennis Koppo Halloween Show ★ 7:00 ■ TH Movie & Popcorn</p>



Spiritual Corner

Family Bible Hour

Sundays at 9:45 a.m.

in the Library

St. Isaac Jogues

Thursday, Oct. 3, at 6:30 p.m. in

the Library (Prayer and Communion Service) and

Thursday, Oct. 22 (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, Oct. 27, at 2 p.m.

Flower of [October]

Botanical name | Calendula Officinalis

Other names | Pot marigold

Description | 2-inch-wide strawflower-like blossoms on long stems

Colors | Orange, yellow, cream and apricot

Facts | Calendula petals are used in soups, stews and salads. The blossoms were used in ancient beverages as a cure for indigestion and in ointments for skin irritations, sore eyes and toothaches.

[Marigold]

Meaning | Winning grace



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:

Hilde B.

Virginia B.

Ken G.

Evelyn L.

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



Focus on Falls

More than one in three people age 65 years or older falls each year. The risk of falling and fall-related problems rises with age. According to the National Institute on Health, each year more than 1.6 million older US adults visit the emergency room for fall-related injuries. Falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and deaths. Most often fall-related fractures are in the person's hip, pelvis, spine, arm, hand, or ankle. Hip fractures are one of the most serious types of fall injury. They are a leading cause of injury and loss of independence among older adults. Most adults who cannot return to independent living after such injuries had physical or mental disabilities before the fracture, thus resulting in the need for long-term care.

Risk factors related to falls can include muscle weakness, poor balance or difficulty walking, fluctuations in blood pressure, slower reflexes, foot problems, sensory problems, visual disturbances, confusion – even short term medications, and taking four or more medications at one time, including over the counter medications.

Fall Proofing Your Home

- Remove or reduce safety hazards
- Improve lighting, there are many options available for purchase, such as motion activated night lights throughout your apartment and in the bathroom
- Avoid and remove clutter or anything that can be a tripping hazard, for example electrical cords
- Arrange furniture so it provides a clear path with plenty of room for you to move around
- Review the carpet, remove any throw rugs and be sure to use only a non-skid rug in your bathroom, remember to remove the rug when it is not in use
- Use a rubber bath mat in the shower
- Try to avoid wet floors
- Avoid walking in the snow and ice outside during winter
- Install handrails and grab bars as needed
- Move frequently used items so they are easily accessible
- Request a medication review from your physician to be assured you are taking only the medication that is necessary for you



Devices to Help Prevent Falls

Appropriate use of assistive devices can prevent falls. Assistive devices may include canes, walkers, wheelchairs, and grabbers. Some durable medical equipment that is available can be, a hospital bed that can be lowered manually, floor mats to prevent injury when a fall occurs from bed, pendants, raised toilet seats, and bedside commodes. There are out of pocket costs associated with most durable medical equipment, and side rails are not a fall prevention solution.

The Director of Resident Care Services, your physical and or occupational therapist and your physician can work together to develop a fall prevention plan that is customized for each resident.



Therapy Tip of the Month

"To reduce arthritis pain, soak your hands in warm water or run warm water on your hands"

Therapy In-Service

Please join us the last Tuesday of every month at 10:15 am in Town Hall for an in-service led by one of our therapy professionals!

Belmont Village Annual Luau



Nick V.



Chuck & Barb S.



Vera B.



Our fearless male dancers!



John, Linda, Harriet, Marian & Bernie



Madelyn & Maja



2200 Golf Road
Glenview, IL 60025

SC Lic. 52084
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

