



Belmont Village of Oak Park Village NEWS



1035 Madison Street • Oak Park, IL 60302 • Phone 708-848-7200 • Fax 708-848-7204

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

January 2015

Belmont Village of Oak Park Community Management Team

Michael Amici x102

Executive Director
mamici@belmontvillage.com

Frances Loftus x103

Human Resources Specialist
floftus@belmontvillage.com

Samantha Knoblauch x104

Activity Programs Coord.
sknoblau@belmontvillage.com

Art Tillman x105

Building Engineer
atillman@belmontvillage.com

Silvia Mosqueda x106

Chef Manager
smosqueda@belmontvillage.com

Pat Porter x107

Community Relations
pporter@belmontvillage.com

Rollin Smith x108

Community Relations
rsmith@belmontvillage.com

Carol Mangan x109

Dir. Resident Care Services
cmangan@belmontvillage.com

Ned Wagner x110

Memory Programs Coord.
nwagner@belmontvillage.com

To reach any of our community staff, please call our main number: (708) 848-7200.



Happy New Year! On behalf of all of us at Belmont Village, it is my honor and privilege to be one of the first to wish you and yours all the best for the coming year! May you have peace, love and great joy every day of this New Year!

I love all that a New Year brings. I look forward each year to a "clean slate" and the opportunity to start fresh. As strange as it may sound, I love starting with a new calendar and having the crisp, fresh pages just waiting to be filled in. I love to organize my schedule for the coming year and project out all that I hope to accomplish in the months to come. I love all the potential opportunities that await! This is the one time during the entire year that as I remove the Christmas decorations, I actually enjoy cleaning the house. Well, actually I straighten and organize and enjoy how simplistic everything looks.

In this process, I daydream about the possibilities of all I wish to accomplish in during the coming year. Suddenly, the thought of new carpet and drapes

seems much more apparent now that the holiday décor is all gone. And even though the actual decorating may never happen, I sure do enjoy dreaming about the possibilities.

I hope in this New Year you will have the opportunity to dream about and accomplish all that you wish as well. It's a new year with 365 days just waiting for us to achieve everything and anything that we want. Just think of all the possibilities that exist! And if I can help you with any of your dreams and aspirations for the coming year, I am here at your service!

Happy New Year!





RESIDENT BIRTHDAYS

Jan. 3	Ruth S. #106
Jan. 4	Bob G. #306
Jan. 12	Lucian R. #314
Jan. 13	Florence M. #303
Jan. 14	Cecilia C. #510
Jan. 15	Leo M. #419
Jan. 16	Mary M. #423
Jan. 17	Frank M. #529
Jan. 24	Joy P. #308
Jan. 25	Joan M. #220
Jan. 26	Harold P. #629
Jan. 29	Lee S. #227
Jan. 31	Juanita M. #518
Jan. 31	Jim T. #403

EMPLOYEE BIRTHDAYS

Jan. 10	Nina Bournes
Jan. 11	Stephanie Sanchez
Jan. 12	Brandy Martinez
Jan. 13	Tammie Powell
Jan. 15	Rome Williams, Jr.
Jan. 23	Doann Barda

EMPLOYEE ANNIVERSARIES

Yulissa Romanescu	1 Year
Antoinette Brown	1 Year
Jinkie Conanan	1 Year
Sharita Walker	1 Year
Ebony Grant	1 Year
Melissa Mallette	5 Years
Tatianna Lee	6 Years
Lynne Felder	6 Years
Sheena Lemon	10 Years
Andullar Bando	10 Years

Circle of Friends News

The Circle of Friends have been working out their fine motor and task sequencing brain centers by tirelessly stuffing and tying up fleece pillows for their Shriner's Children's Hospital Service Project. They have finished over 50 so far and show no signs of slowing down! What a fantastic way to work out your fine motor and task sequencing brain centers! They were also busy making ornaments for family members and attending a seemingly non-stop stream of holiday entertainment.



Neighborhood News

Wow! What a fantastic holiday season for The Neighborhood! We officially kicked things off with a spectacular Winter Wonderland Fashion Show. You should have seen our residents strutting their stuff on the snow-covered runway on the 3rd floor. There are also some incriminating videos of Ned and Mike doing their thing on the runway as well. Make sure to inquire about those! We also had a wonderful Christmas Eve party and Santa visited on Christmas Day. I'm sure glad we will get to relax in January!



Annette Gordon

January Employee of the Month

Congratulations to Annette for earning the Employee of the Month!

Annette is a part-time private duty PAL, but has worked in other positions for Belmont. She is hardworking and very caring. She enjoys spending time with the residents and is always willing to lend a hand or offer to help in any situation, anywhere in the building.

Annette is a valuable team member and we are lucky to have her!



Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.



3 Things You Need to Know

January is Ice Skating Month. Here are three things you should know about this fun, calorie-burning pastime:

- 1) Low-impact skating builds muscles, speed, balance and agility.
- 2) Skates made of bone and leather were used with poles to traverse frozen lakes in Finland 5,000 years ago.
- 3) In the mid-1800s, American Jackson Haines blended ice skating with the expressive movement of dance. His figure skating was unpopular in the U.S. but took off in Europe.

Practice Positivity

Practicing a positive attitude pays off. Enhanced health, increased longevity and better relationships are just a few benefits. Improve your outlook with these helpful habits.

Be grateful. Every day presents us with blessings that we often take for granted. Taking time to recognize them and be thankful helps prevent negative thoughts or events from overshadowing your life.

Pal around. Attitudes are contagious. Make it a point to spend as much time as possible with other positive people. Surrounding yourself with that energy can rub off on you.

Stay active. Exercise is good for your mind as well as your body. Exercise releases endorphins, the natural, feel-good chemicals in your body that improve mood and elevate your spirit.

Crack up. They say laughter is the best medicine, and it's also the perfect antidote to negativity. Whether you spend time with funny friends or tune in to a TV comedy, strive to get some giggles in each day.

Look ahead. Nothing can change the past, but you can definitely influence your future. Being positive is a choice, and like exercise, healthy eating or other good habits, it takes practice and dedication; the longer you stick with it, the easier it becomes.

Transportation Schedule

Sunday

Church Transportation
Errands

Monday and Friday

Jewel/Walgreens/Walmart
Lunch Outings and Trips
9 a.m.

Tuesday, Wednesday and Thursday

Doctor, Dentist, Etc.
Appointments
8 a.m.–3:30 p.m.

Saturday

Scenic Excursion: 1:30 p.m.
(Except Where Otherwise Noted
in Calendar AND Weather
Permitting)
Errands

**We will honor as many
transportation requests as
possible.**

Sign up early for outings!
Space in our van is limited;
make sure you see the concierge
so you don't get left behind!





Weekly Events

Exercise

Mon.–Fri. at 9:30 a.m.

Communion Services

Thursdays at 11 a.m.

Sundays at 10:15 a.m.

Wine and Cheese Social

Wed. at 2:15 p.m.

Catholic Mass

Tuesdays at 10:45 a.m.

Jewel, Walmart and Walgreens

Mondays and Fridays at 9 a.m.

Calendar Key

B	Bistro
CFL	Center For Learning
CFLE	Center For Life Enhancement
CO	Community Outing
GR	Great Room
JK	Josephine's Kitchen
CH	Chapel
TH	Town Hall
TR	Terrace Room

Sunday

❄️❄️❄️❄️❄️
January ❄️❄️❄️❄️❄️

Monday

January ❄️

Tuesday

❄️❄️❄️❄️❄️
JANUARY ❄️❄️❄️❄️❄️

Sunday	Monday	Tuesday
4	5	6
Church Transportation 9:30 Mass, Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Movie Matinee - TH 2:30 Resident Card-Making - GR 3:45 Card Games - GR 7:15 Trivia Challenge - GR	9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Chat W/ Rabbi - TH 1:45 Popcorn With Terry - GR 2:30 Book Club: Unbroken - TH 4:00 Brain Games W/ Sam -TH 7:00 "I Love Lucy" - B	9:30 Boot Camp - TH 10:00 Book Club - TH 10:45 Mass/Communion - TH 1:30 Laughter Club - TH 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR 3:30 Current Events Discussion - GR 6:30 Bingo Games - GR
11	12	13
Church Transportation 9:30 Mass, Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Movie Matinee - TH 2:30 Resident Card-Making - GR 3:45 Card Games - GR 7:15 Trivia Challenge - GR	9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 1:30 Resident Council Mtg -TH 2:45 Brain Games W/ Sam -TH 3:45 National Geographic - TH 7:00 "I Love Lucy" - B	9:30 Boot Camp - TH 10:00 Book Club - TH 10:45 Mass/Communion - TH 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR 3:30 Current Events Discussion - GR 6:30 Bingo Games - GR
18	19	20
Church Transportation 9:30 Mass, Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Movie Matinee - TH 2:30 Resident Card-Making - GR 3:45 Card Games - GR 7:15 Trivia Challenge - GR	9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 1:30 Travel Presentation - TH 2:45 Tai Chi W/ Louie - TH 3:45 Brain Games W/ Sam -B 7:00 "I Love Lucy" - B	9:30 Boot Camp - TH 10:00 Book Club - TH 10:45 Mass/Communion - TH 1:30 Laughter Club - TH 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR 3:30 Current Events Discussion - GR 6:30 Bingo Games - GR
25	26	27
Church Transportation 9:30 Mass, Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Movie Matinee - TH 2:30 Resident Card-Making - GR 3:45 Card Games - GR 7:15 Trivia Challenge - GR	9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Book Club - TH Movie Outing: TBA 1:45 Popcorn With Terry - GR 2:45 Best of Johnny Carson- B 4:00 Brain Games W/ Sam -B 7:00 "I Love Lucy" - B	9:30 Boot Camp - TH 10:00 Book Club - TH 10:45 Mass/Communion - TH 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR 3:30 Current Events Discussion - GR 6:30 Bingo Games - GR

January 2015

Wednesday	Thursday	Friday	Saturday
<p><i>Happy New Year</i></p>	<p>1</p> <p>New Year's Day Party! 9:30 Boot Camp - TH 10:00 Art Class W/ Beth - B 10:15 Fun Trivia W/ Sam - B 11:00 Communion - TH 1:30 Parkinson's Class - CFLE 2:45 Poker Game - 5th Floor 3:45 This Week in History - GR 6:30 Bingo Games - GR</p>	<p>2</p> <p>9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 1:00 Richard's Movie Matinee - TH 2:00 Word Puzzles - GR 3:00 Radio History W/ Jason-TH 7:00 Best of Carol Burnett - B</p>	<p>3</p> <p>9:30 Coffee & Chit Chat - B 10:15 Yoga W/ Judy - TH 1:15 Scenic Drive 1:45 Uno Game W/ Natalie - GR 3:00 Happy Hour! -GR 6:30 Bingo Games - GR 7:45 Saturday Night at the Movies - B</p>
<p>7</p> <p>9:30 Balance Class - TH 10:15 Word Puzzles - GR 1:15 Crossword Challenge - TH 1:30 CHF Exercise - CFLE 2:15 Wine and Cheese Social W Mihai Vlad - GR 3:30 Fireside Chat W/ Sam - GR 6:45 Midweek Movie - B</p>	<p>8</p> <p>9:30 Boot Camp - TH 10:00 Art Class W/ Beth - B 10:15 Fun Trivia W/ Sam - B 11:00 Communion - TH 1:30 Parkinson's Class - CFLE 2:45 Poker Game - 5th Floor 3:45 National Geographic - B 6:30 Bingo Games - GR</p>	<p>9</p> <p>9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Drum Circle - TH 1:00 Book Club: Unbroken - TH 2:00 Richard's Movie Matinee - TH 3:30 Word Puzzles - GR 7:00 Best of Carol Burnett - B</p>	<p>10</p> <p>9:30 Coffee & Chit Chat - B 10:15 Games With Rose - B 1:15 Scenic Drive 1:45 Uno Game W/ Natalie - GR 3:00 Happy Hour! -GR 6:30 Bingo Games - GR 7:45 Saturday Night at the Movies - B</p>
<p>14</p> <p>9:30 Balance Class - TH 10:15 Word Puzzles - GR 1:30 Health Education W/ Carol - TH 1:30 CHF Exercise - CFLE 2:15 Wine and Cheese Social W Soundz of Time - GR 3:30 Fireside Chat W/ Sam - GR 6:45 Midweek Movie - B</p>	<p>15</p> <p>9:30 Boot Camp - TH 10:00 Art Class W/ Beth - B 10:15 Fun Trivia W/ Sam - B 11:00 Communion - TH 1:30 Parkinson's Class - CFLE 2:45 Poker Game - 5th Floor 3:45 This Week in History - GR 6:30 Bingo Games - GR</p>	<p>16</p> <p>9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 1:00 Richard's Movie Matinee - TH 2:00 Word Puzzles - GR 3:00 Radio History W/ Jason-TH 7:00 Best of Carol Burnett - B</p>	<p>17</p> <p>9:30 Coffee & Chit Chat - B 10:15 Yoga W/ Judy - TH MET Opera: The Merry Widow 1:15 Scenic Drive 1:45 Uno Game W/ Natalie - GR 3:00 Happy Hour! -GR 6:30 Bingo Games - GR 7:45 Saturday Night at the Movies - B</p>
<p>21</p> <p>9:30 Balance Class - TH 10:15 Word Puzzles - GR 1:00 Crossword Challenge - TH 1:30 CHF Exercise - CFLE 2:15 Wine and Cheese Social W Eric Lucky - GR 3:30 Fireside Chat W/ Sam - GR 6:45 Midweek Movie & Popcorn - B</p>	<p>22</p> <p>9:30 Wellness W/ Andrea - TH 10:00 Art Class W/ Beth - B 10:15 Fun Trivia W/ Sam - B 11:00 Communion - TH 1:30 Parkinson's Class - CFLE 2:45 Poker Game - 5th Floor 3:45 This Week in History - GR 6:30 Bingo Games - GR</p>	<p>23</p> <p>9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 11:15 Lunch Outing: Yia Yia's Pancake House 1:30 Richard's Movie Matinee - TH 2:00 Word Puzzles - GR 7:00 Best of Carol Burnett - B</p>	<p>24</p> <p>9:30 Coffee & Chit Chat - B 10:15 Games W/ Rose - B 1:15 Scenic Drive 1:45 Uno Game W/ Natalie - GR 3:00 Happy Hour! -GR 6:30 Bingo Games - GR 7:45 Saturday Night at the Movies - B</p>
<p>28</p> <p>9:30 Balance Class - TH 10:15 Word Puzzles - GR 1:15 Crossword Challenge - TH 1:30 CHF Exercise - CFLE 2:15 Wine and Cheese Social W Voytek - GR 3:30 Fireside Chat W/ Sam - GR 6:45 Midweek Movie & Popcorn - B</p>	<p>29</p> <p>9:30 Boot Camp - TH 10:00 Art Class W/ Beth - B 10:15 Fun Trivia W/ Sam - B 11:00 Communion - TH "West Side Story" At Drury Lane Theater 1:30 Parkinson's Class - CFLE 2:45 Poker Game - 5th Floor 3:45 National Geographic = B 6:30 Bingo Games - GR</p>	<p>30</p> <p>9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 12:00 Resident B-Day Lunch 1:30 Richard's Movie Matinee - TH 3:00 Word Puzzles - GR 7:00 Best of Carol Burnett - B</p>	<p>31</p> <p>9:30 Coffee & Chit Chat - B 10:15 Games W/ Rose - B 1:15 Scenic Drive 1:45 Uno Game W/ Natalie - GR 3:00 Happy Hour! -GR 6:30 Bingo Games - GR 7:45 Saturday Night at the Movies - B</p>



Resident Council



President:
Richard Larson
Vice President:
Natalie Clark

All residents are encouraged to attend the meetings and to participate in welcoming newcomers to our community! These meetings are a forum for residents to discuss concerns of Belmont Village.

This month's meeting will be held on Monday, Jan. 12, at 1:30 p.m. in Town Hall. We'll see you there!



NFL

"Belmont Village is honored to be a Designated Assisted Living Provider of the NFL Player Care Plan."

"This Month In History" JANUARY

1789: The very first U.S. presidential election is held, with George Washington proclaimed the winner.

1845: Edgar Allen Poe's famous poem "The Raven" is published in the New York Evening Mirror.

1904: At 91.37 miles per hour, Henry Ford breaks a land-speed record in Michigan.

1908: At midnight on New Year's Day, the first ball is dropped in Times Square in New York City, the beginning of a yearly tradition.

1924: The first Winter Olympic Games are held in Chamonix, France. They will continue every four years.

1933: On a Detroit radio station, "The Lone Ranger" premieres, sporting the sounds of the "William Tell" Overture.

1945: President Franklin Roosevelt is inaugurated for his unprecedented fourth and final term of office.

1958: Actors Paul Newman and Joanne Woodward marry and become a model for successful Hollywood marriages.

1964: The Peter Sellers dark comedy vehicle "Dr. Strangelove" is released to great acclaim.

1984: The Supreme Court rules that VCRs do not violate copyright laws.

2008: Due to a strike in the Writers Guild of America, the Golden Globe awards are not held formally; winners are announced at a news conference instead.

Healthy Bones

Jan. 11 is Milk Day, and seniors need to ensure they get enough calcium daily. So drink an extra glass of milk on this day and try to make it a habit to ensure you get what you need to stay healthy.

Protect Yourself in Chilly Weather

As we age, our bodies become less resistant to the elements and cold temperatures. Hypothermia and frostbite are serious concerns for seniors. If you go outside, layer your clothing and cover as much skin as possible. Add a hat to keep body heat from escaping, and limit your time outside.



MBA CLUB NEWS

We have an amazing opportunity to get involved in a service project for a local benefit. We will be helping assemble lunches for a local church that shelters people in need every night.

Some people need a little extra help from time to time, and we are excited to have the chance to pitch in and contribute in this way.

We started on the plans right before Christmas and are looking forward to being able to help as much as we can through the month of January.

If you are interested in joining, please keep an eye on the schedules and fliers, and jump in any time! The more, the merrier!



Holiday ABCs for January

I is for Icy streets and sidewalks
 C is for Chilling temperatures
 I is for Imagining warmer weather
 C is for Cozying up in a warm blanket
 L is for a Ladleful of warm stew
 E is for Elaborate plans for the year to come

Famous Faces Born in January

Jan. 1, 1735: Paul Revere
 Jan. 2, 1983: Kate Bosworth
 Jan. 4, 1960: Michael Stipe
 Jan. 5, 1946: Diane Keaton
 Jan. 9, 1982: Kate Middleton
 Jan. 13, 1966: Patrick Dempsey
 Jan. 19, 1809: Edgar Allen Poe
 Jan. 22, 1968: Guy Fieri
 Jan. 28, 1981: Elijah Wood
 Jan. 30, 1951: Phil Collins

Laugh Lines

Lessons we can learn from a snowman:

- Wearing white is always in style—even after Labor Day.
- Getting outside in the winter can be good for your health.
- It's fun to just hang around outside.
- We're all made up mostly of water.
- Accessories don't have to be expensive.
- Don't get too much sun.
- Sometimes sweating too much can have disastrous results.

Cold Weather Clothing

Through the years, people have relied on more than just hats, scarves and gloves to protect themselves from winter winds. Here's a look at some frigid-weather fashion from the past and present:

Cloaks. Cloaks fell out of fashion in the early 1900s as coats gained popularity. However, for centuries a cloak was the way to stay warm in the winter, and could even double as a pillow or blanket on a long journey.

Muffs. Popular for both men and women from the 1500s to the late 1800s, fur or silk muffs helped hands stay warm and could hold small items—even dogs! Muffs regained popularity in the early 20th century and again during World War II, but purses eventually won out as the handier accessory.

Ushanka hats. Russians have worn fur hats for centuries, and the iconic design with the ear flaps became standard issue for Russian soldiers in 1940. The practical style remains popular today with military units and civilians around the world.

Fleece. The introduction of polar fleece in the 1970s was a revolution in winter wear, as the lightweight, synthetic fabric was warm, comfortable and durable. Nowadays, fleece is used in coats, sweaters, pants, socks and blankets.

Center for Life Enhancement Hours

Monday–Friday
 8 a.m.–4 p.m.



Josephine's Kitchen Hours

Breakfast

7–9 a.m.

Lunch

11 a.m.–1 p.m.

Dinner

4:30–7 p.m.

Neighborhood Mealtimes

Breakfast

8 a.m.

Lunch

12:30 p.m.

Dinner

5:30 p.m.



Golden Years Salon

Sign up at the Concierge desk to make an appointment. Open on Tuesdays, Wednesdays and Thursdays.



Belmont Village Scene



1035 Madison Street
Oak Park, IL 60302

SC Lic. 47837
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

