



Belmont Village of Oak Park Village NEWS



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

April 2016

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Advocating for the Earth

Earth Day debuted on April 22, 1970. The event was the brainchild of U.S. Sen. Gaylord Nelson of Wisconsin, who announced to the media the idea for a "national teach-in on the environment."

Nelson wanted Earth Day activities to be created by people and groups in their own communities, not by national organizers. People responded. About 20 million Americans gathered at various venues to advocate for a healthy, sustainable environment. According to *EarthDay.org*, "Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values."

The event drew extensive media attention and led to the creation of the Environmental Protection Agency and passage of the Clean Air, Clean Water and Endangered Species acts.

In the years that followed, April 22 continued to be celebrated as Earth Day in various forms. On the 20th anniversary in 1990, Earth Day was celebrated worldwide and focused on recycling efforts. The 2000 Earth

Day campaign saw a push for clean energy. In 2010, the campaign "A Billion Acts of Green" was announced, encouraging environmental commitments from individuals, businesses, governments and civic organizations.



Mike Amici, Executive Director

Protecting the Environment

The overwhelming public support for the first Earth Day in 1970 led to the creation of the Environmental Protection Agency. Earth Day is celebrated on April 22.





RESIDENT BIRTHDAYS

7th	Mary Jane G #620
7th	Nancy W #420
12th	Laverna M #607
14th	Betty P #629
16th	Rosemarie C #523
20th	Jim M #312
26th	Leora M #424
28th	Don P #226

EMPLOYEE BIRTHDAYS



Happy Birthday

5th	Carmen Cantillas
11th	Theresa West
15th	Luz Abad
15th	Aleksandra Bak
16th	Carmella Pride
17th	Sheena Moore
19th	Charleigh Mar
20th	Xavier Jones
24th	Monique Smith
24th	Yolanda Conner
25th	Sheila Hill
26th	Alejandra Gutierrez
29th	Antoinette Young



Neighborhood News

The residents of the Neighborhood just finished off a great service project. They made beautiful Easter Baskets for the kids at Hephzibah Children's Services. We had a nice ceremonial presentation of the the baskets and it was a fulfilling experience for everyone involved.

Even better, this service relationship will be ongoing.

Throughout the year, the Neighborhood folks will be making birthday bags for the Hephzibah kids to take to school and share with their classmates on their birthdays!



Circle of Friends News

The Circle of Friends continues to consciously exercise their brains in our Dynamic Circle. Our Activity Leaders are practicing lots of new techniques, such as the Rule of 80/20. If you stop by and join in one of our Circles you will notice that our Leaders are trying to lecture less on the material and spend most of their time eliciting responses from our residents. Our ultimate goal is to get the residents talking to each other about the topics of discussion. The Leader's role is to be the hub of the Circle and connect residents with each other. But don't worry, it's not all business in the Circle. The Circle residents continue to attend all the social and entertainment opportunities throughout the community.

April Employee of the Month

Congratulations to Careese!

Careese is a full-time, first-shift PAL and has worked with Belmont for almost one year. Careese is very flexible and a great team player; she is always willing to do whatever is needed around the community and works with residents on any and all of our floors.

She always has a smile on her face and a friendly word for everyone and anyone. If ever an ear was needed to share thoughts or concerns, or a shoulder was needed to lean on, Careese is your girl.



Careese Stuckey



Making Cornflake Cookies



Hunting for Leprechauns on St. Pat's Day!



Visiting Eli's Cheesecake Factory

Wit & Wisdom

"And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow."

—G. K. Chesterton

"Rainbows apologize for angry skies."

—Sylvia A. Voirol

"If the world's a vale of tears, Smile, till rainbows span it."

—Lucy Larcom

"Be thou the rainbow in the storms of life. The evening beam that smiles the clouds away, and tints tomorrow with prophetic ray."

—Lord Byron

"The way I see it, if you want the rainbow, you gotta put up with the rain."

—Dolly Parton

"It was the rainbow gave thee birth, and left thee all her lovely hues."

—W. H. Davies

"My heart leaps up when I behold a rainbow in the sky."

—William Wordsworth

"I've always taken 'The Wizard of Oz' very seriously, you know. I believe in the idea of the rainbow. And I've spent my entire life trying to get over it."

—Judy Garland

"Leroy bet me I couldn't find a pot of gold at the end, and I told him that was a stupid bet because the rainbow was enough."

—Rita Mae Brown



Transportation Schedule

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

Sunday

Church Transportation
Errands
Scenic Excursion

Monday and Friday

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

Tuesday, Wednesday and Thursday

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

Saturday

Scenic Excursion
(Except Where Otherwise Noted in Calendar AND Weather Permitting)
Errands

We will honor as many transportation requests as possible.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 TH Senior Health Program 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy	9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 O Scenic Drive 1:30 4 Laughter Club w/ Cathy 2:00 GR UNO Game w/ Natalie 2:30 TH Game Show History w/ Jason 3:30 GR LCR Dice Game 6:30 GR Bingo Games!
3	4	5	6	7	8	9
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:45 O Sunday Scenic Drive 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Chat w/ Rabbi 1:45 JK Popcorn w/ Terry 2:30 TH Book Club 2:45 4 Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Fitness w/ Lana 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 1:45 GR Gin Rummy with Sam 2:30 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	9:30 TH Balance Class 10:00 B Jewelry Class w/ Tatyana 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn	9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 Parkinson's Class 1:45 GR New Resident Meet/Greet 2:15 TH Number/Word Puzzles w/ Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:15 B You Be The Judge 11:00 O Lunch Outing:TBA 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy	9:30 B Coffee & Chitchat 10:00 B Crocheting w/ Tatyana 1:30 O Scenic Drive 2:00 GR UNO Game w/ Natalie 3:30 GR LCR Dice Game 6:30 GR Bingo Games!
10	11	12	13	14	15	16
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:45 O Sunday Scenic Drive 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Fellowship w/ Rev. Martin 1:30 TH Resident Council Mtg. 1:45 GR Popcorn w/ Terry 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Boot Camp 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	9:30 TH Balance Class 10:00 TH Travel Presentation w/ Ernie 10:15 GR Word Puzzles 12:00 O Art Film at York Theater 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn	9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 TH Writing Workshop w/ Nora 1:30 Parkinson's Class 2:15 TH Number/Word Puzzles w/ Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:15 TR Book Club 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy	9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 11:00 O MET Live at Theater 1:30 O Scenic Drive 1:45 4 Laughter Club w/ Cathy 2:00 GR UNO Game w/ Natalie 3:30 GR LCR Dice Game 6:30 GR Bingo Games!
17	18	19	20	21	22	23
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 TH Interfaith Fellowship with Pastor Clyde 1:30 GR Table Games 1:45 O Sunday Scenic Drive 2:30 GR Artistic Coloring Session 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Fellowship w/ Rev. Martin 1:30 TH Travel Presentation w/ Bill 1:45 JK Popcorn w/ Terry 2:30 TH Book Club 2:45 TH Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Fitness w/ Lana 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 11:00 O Bobby Darin Tribute 1:30 Parkinson's Class 2:30 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	9:30 TH Balance Class 10:00 B Jewelry Class w/ Tatyana 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn	9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 Parkinson's Class 1:30 B Making Sandwiches for Church 2:15 TH Number/Word Puzzles w/ Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 GR You Be the Judge 12:00 O Lunch at Garfield Park 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy	9:00 TH Alzheimer's Support Group 9:30 B Coffee & Chitchat 10:00 B Crocheting w/ Tatyana 1:30 O Scenic Drive 2:00 GR UNO Game w/ Natalie 3:00 GR Cocktail/Social Hour 3:30 GR LCR Dice Game 6:30 GR Bingo Games!
24	25	26	27	28	29	30
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:30 GR Table Games 1:45 O Sunday Scenic Drive 2:30 GR Artistic Coloring Session 3:30 GR Music Program 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Brain Games 12:00 O Movie Outing: TBA 1:45 GR Popcorn w/ Terry 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Boot Camp 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 11:00 JK "Beachy" Lunch! 1:30 Parkinson's Class 2:30 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	9:30 TH Balance Class 10:00 TH Health Presentation with Paxxon 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn	9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 Parkinson's Class 1:30 B Dancing with Louie 2:00 GR Gin Rummy w/ Sam 2:15 TH Number/Word Puzzles w/ Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 12:00 JK Resident Birthday Lunch 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy	9:30 B Coffee & Chitchat 1:30 O Scenic Drive 2:00 GR UNO Game w/ Natalie 3:30 GR LCR Dice Game 6:30 GR Bingo Games!



Resident Council



President:

Natalie Clark

Vice President:

Richard Larson

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 about Belmont Village and have an opportunity to ask questions of the administration.

This month's meeting will be held on Monday, April 11th at 1:30 p.m. in Town Hall.



NFL

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



"This Month In History"

APRIL

1700: Playing pranks, tricksters in England begin popularizing the tradition of April Fools' Day.

1803: The U.S. agrees to pay France \$15 million for the Louisiana Territory. The Louisiana Purchase nearly doubled the size of the U.S.

1912: Fenway Park, home of Major League Baseball's Boston Red Sox, opens for its first game.

1939: Famed opera singer Marian Anderson performs before a crowd of 75,000 at the Lincoln Memorial.

1948: U.S. President Harry S. Truman signs the Marshall Plan into law. It provided more than \$13 billion in economic aid so that Western Europe could recover from World War II.

1959: NASA selects its first astronauts. Among the Mercury Seven are John Glenn, Gus Grissom and Alan Shepard.

1964: The Rolling Stones release their debut album.

1972: Polaroid introduces its folding instant camera, which produces self-developing photos.

1984: Kareem Abdul-Jabbar becomes the highest-scoring player in NBA history. The star center remains the league's all-time leading scorer with 38,387 points.

2001: "The Producers" opens on Broadway. The Mel Brooks musical would go on to earn a record 12 Tony Awards.

2006: Construction begins on a new skyscraper at the site of the former World Trade Center in New York City.

Welcome New Residents



Please join us every first Thursday of the month at 1:45 p.m. in the Great Room or Bistro to meet the new faces of Belmont! You can meet those who moved in over the past few weeks and take a moment to introduce yourself!



Friendship Advice

"Truly great friends are hard to find, difficult to leave and impossible to forget." —Author Unknown



Our amazing therapy team, Paxxon Healthcare Services, leads a presentation for us every month. The topics are educational and health-related, and are always fun! The presentations are every last Wednesday of the month at 10 am in Town Hall.

Celebrate the Season

The first day of spring may be in March, but April is when it really starts to feel like winter is over. Take advantage of the warmer weather and the longer days by taking a walk, going for a ride, or just sitting near a window in a ray of sunshine.



Falls in Older Adults

Falls among older adults just don't happen. Often older adults have an underlying cause or risk factor.

As your number of risk factors rise, so does the risk of falling. Scientists have linked a number of personal risk factors to falling. Muscle weakness, especially in legs, balance and gait; dropping blood pressure when getting up from lying down or sitting; reflexes slow down as we age; poor vision and sensory problems; confusion, whether short or long term. Medications can increase risk of falling causing side effect like dizziness or confusion. The higher number of medications you take, the greater risk of falling.

Other factors leading to falls: loose rugs, clutter on floor, carrying too heavy or bulky things, no grab bars in bathroom. Many older adults have a fear of falling. Some older adults may limit or stop doing activities due to this fear.

Speak with your doctor about your risk of falling. Your doctor may refer you to physical therapy.

Physical therapy may help improve our balance and walking and confidence in your abilities.

In addition, Belmont Village residents have the convenience of

The Center for life enhancement to exercise in and obtain physical therapy and occupational therapy.



3 Things You Need to Know

Something as simple as going for regular walks can have a big impact on your health. If you start walking 30 minutes every day, here are a few of the benefits you'll see.

1) Your mood will improve, especially if you include social interaction by walking with someone else. If you walk outside, the exposure to sunlight is also a good antidote for the winter blues.

2) You will increase your metabolism by burning calories and preventing muscle loss.

3) Walking lowers your blood sugar levels and your overall risk for diabetes, according to the American Diabetes Association.

Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent study by the University of Michigan reported reduced stress levels in people who walked outside.



Center for Life Enhancement Hours

Monday-Friday
8 a.m.-4 p.m.



Golden Years Salon

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



Josephine's Kitchen

Breakfast
7-9 am
Lunch
11-1 pm
Dinner
4:30-7 pm



Belmont Village Scene



Eye Health Presentation



Valentine's Day Concert!



Rocky visiting with Ursula



Maiden School of Irish Dance



We love the Irish Dancers!



Honing our artistic skills

BELMONT *Village*
SENIOR LIVING
OAK PARK

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