



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

May 2016

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Remembering the Fallen on Memorial Day

In 1868, three years after the Civil War ended, Maj. Gen. John A. Logan, leader of a Union veterans' organization, established Decoration Day as a time for the nation to decorate the graves of soldiers who had died in the war. He chose May 30, possibly because he knew flowers would be in bloom all over the country on that day.

Logan's declaration, in part, said: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

Arlington National Cemetery was the site of the first official observance, attended by Washington dignitaries as well as the public. After the speeches, children from the Soldiers' and Sailors' Orphan Home and Union veterans walked through the cemetery, placing flowers on both Union and Confederate graves.

After World War I, May 30 became a day to honor fallen soldiers from all wars. In 1971, Congress declared Memorial Day

a national holiday that would be celebrated on the last Monday in May.

Since 2000, Americans have been encouraged to observe a National Moment of Remembrance by pausing at 3 p.m. local time on Memorial Day for a minute of silence to honor those who have died serving the nation.



Mike Amici, Executive Director





RESIDENT BIRTHDAYS

- May 1 Blanche B. #528
- May 1 Gloria D. #324
- May 3 Brian W. #407
- May 8 Anita T. #401
- May 13 Judy R. #509
- May 14 Lillian V. #623
- May 16 Richard L. #520
- May 18 Rose L. #612
- May 19 Fay B. #608
- May 25 Tomiko S. #512
- May 26 Marilyn R. #402
- May 28 Pat G. #618
- May 29 Lillian U. #621

EMPLOYEE BIRTHDAYS

- May 1 Tatiana Edwards
- May 3 Nheydi Ochoa
- May 4 Vanesse Watson
- May 9 Crystal Mendoza
- May 9 Jessica Mendoza
- May 9 Lasheka Tolbert
- May 11 Andrea Rojo
- May 12 Kelly Kitchen
- May 12 Lachena Shavers
- May 18 Devin Booker
- May 22 Lavada Evans
- May 31 Lynda Gordon
- May 31 Annette Gordon

EMPLOYEE ANNIVERSARIES

- Nheydi Ochoa 2 Years
- Vanesse Watson 2 Years
- London Brazil 2 Years
- Andrea Rojo 3 Years
- Nina Banks 4 Years
- Linnie Bridges 5 Years
- Luz Abad 7 Years
- Cortasha Ricks 7 Years
- Luis Leanos 8 Years
- Dianna Wetzel 9 Years



The residents of Belmont would like to share the wonderful news about an award they created and the employee who earned the award.

Back in February, the residents were given the opportunity to vote on an employee who was deserving of an award called “The Residents’ Choice Award,” which would be earned by an employee who stands out in the eyes of the residents. Several votes were collected, and almost unanimously, one person stood out. Congratulations to Curtis, our amazing driver. Curtis wears many hats, and is beloved by the residents for his hard work and dedication to them.

Congratulations, Curtis!

Diamonds in the Sky

Here on Earth, rainy days are a rite of spring, but you’d never expect diamonds to fall from the sky. However, that may be just what is happening on some other planets in our solar system. Scientists speculate that during storms on Saturn, Jupiter, Neptune and Uranus, lightning transforms methane in the atmosphere into graphite. As the graphite falls, intense pressure transforms it into diamonds. Although the hot temperatures of Saturn and Jupiter cause the diamonds to melt quickly, the cooler climates of Neptune and Uranus allow the precious stones to stay solid, even as they reach the planets’ cores.



Lavada Evans

May Employee of the Month

Lavada is one of our full-time Enrichment Leaders working mostly on the third floor Memory Care Program. Prior to coming to Belmont, Lavada worked in a mental institution/rehab facility for about six years. One of the things Lavada enjoys about working with Belmont is the freedom to plan her programs. She also enjoys getting residents AND their families involved in activities. When she is not at work, you can find Lavada at a karaoke bar!

Congratulations, Lavada!



Galloping to Victory

Each spring, fans of American horse racing are chomping at the bit during the three races that comprise the Triple Crown of Thoroughbred Racing: the Kentucky Derby, the Preakness Stakes, and the Belmont Stakes. Get a leg up on the action with these facts about the ultimate equestrian prize.

Elusive achievement. Winning all three races of the Triple Crown in a single season is considered the pinnacle achievement for a racehorse. Only 12 steeds have earned the honor, the first being Sir Barton in 1919.

Decades of drought. The last horse to win the Triple Crown was Affirmed in 1978, until 37 years later in 2015 when American Pharoah took the prestigious prize.

Still standing. In 1973, Secretariat made headlines when he became the first Triple Crown winner in 25 years. He also ran all three races in record times that have yet to be broken.

Tracking the tracks. The three events are run on dirt tracks of varying distances. The Derby at Churchill Downs in Louisville, Ky., is a 1 1/4-mile race, the Preakness at Baltimore's Pimlico Race Course is 1 3/16 miles, and Belmont Park in Elmont, N.Y., is the longest at 1 1/2 miles.

Our Kentucky Derby Party is on Saturday, May 7th!

Wit & Wisdom

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."

—Mark Twain

"An optimist is the human personification of spring."

—Susan J. Bissonette

"Spring is when you feel like whistling even with a shoe full of slush."

—Doug Larson

"The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball."

—Bill Veeck

"Spring is nature's way of saying, 'Let's party!'"

—Robin Williams

"In the spring, at the end of the day, you should smell like dirt."

—Margaret Atwood

"I love spring flowers: daffodils and hyacinths are the ultimate flower for me. They are the essence of spring."

—Kirsty Gallacher

"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall."

—Nadine Stair



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 8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	2 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	3 9:30 TH Fitness with Lana 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	4 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	5 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 Brain Games with Sam 3:15 TH Travelogue Video 4:30 JK Cinco de Mayo Party! 6:30 GR Bingo Games!	6 9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 TH Senior Health Program 12:00 O Movie 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	7 9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 O Scenic Drive 1:30 TH Laughter Club w/ Cathy 1:30 P Gardening Party with Girl Scouts 2:30 TH Music History w/ Jason 3:30 GR LCR Dice Game 4:00 B Kentucky Derby Party! 6:30 GR Bingo Games!
8 8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 12:00 JK Mother's Day Lunch 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	9 9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Crossword Challenge 1:30 TH Resident Council Mtg. 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 TH History with John	10 9:30 TH Boot Camp 10:00 TH Memoir Writing Workshop 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	11 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	12 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 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	13 9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 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 5:00 GR Sr. Prom "Masquerade" 7:00 B Carol Burnett/I Love Lucy	14 9:30 B Coffee & Chitchat 10:00 B Crocheting w/ Tatyana 1:30 O Scenic Drive 2:00 GR Fun Table Games 2:00 TH Zumba Fun Fitness 3:30 GR LCR Dice Game 6:30 GR Bingo Games!
15 8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	16 9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Chat and Devotions w/ Rev. Martin 1:30 TH Travel Presentation w/ Bill 2:30 TH Book Club 2:45 TH Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	17 9:30 TH Fitness with Lana 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	18 9:30 TH Balance Class 10:00 TH Health Seminar with Nancy 10:15 GR Word Puzzles 1:30 TH Diabetic Diet Seminar w/ Nancy 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn	19 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 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	20 9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 GR You Be the Judge 12:45 O Morton Arboretum Driving Tour 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	21 9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 TH Laughter Club w/ Cathy 1:30 O Scenic Drive 2:00 GR Fun Table Games 2:30 TH Music History w/ Jason 3:30 GR LCR Dice Game 3:30 GR Happy Hour! 6:30 GR Bingo Games!
22 8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	23 8:00 O Brookfield Zoo Tour! (time TBA) 9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Chat and Devotions w/ Rev. Martin 1:30 GR Popcorn Social w/ Terry 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	24 9:30 TH Boot Camp 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	25 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	26 9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 12:30 O Drury Lane Theater: Hazel 1:30 B Dancing with Louie 1:30 Parkinson's Class 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!	27 9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 TH Zumba Fun Fitness 12:00 JK Resident Birthday Lunch 1:00 TH Travel Presentation w/ Ernie 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy	28 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 Fun Table Games 3:30 GR LCR Dice Game 6:30 GR Bingo Games!
29 8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	30 Memorial Day 9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:15 TH Memorial Day History with Tim 11:00 JK Memorial Day BBQ 1:00 TH History Channel Film about Memorial Day and War Monuments 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	31 9:30 TH Boot Camp 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	 KENTUCKY DERBY		 MOM	*Computer classes available upon request! *Let Sam know if you have any ideas or suggestions for the calendar!



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, May 9th, 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"

MAY

1908: At events in Grafton, W.Va., and Philadelphia, the first Mother's Day celebrations are observed.

1927: The Academy of Motion Picture Arts and Sciences is founded. The organization is best known for its annual presentation of the Academy Awards.

1937: After five years of construction, San Francisco's Golden Gate Bridge opens.

1941: General Mills begins test marketing a new product called Cheerioats. The oat cereal was later renamed Cheerios.

1951: The United Nations moves to its new permanent headquarters in New York City.

1962: Roseville, Minn., becomes the site of the first Target store.

1977: Seattle Slew wins the Kentucky Derby. The thoroughbred racehorse would go on to win the Triple Crown.

1982: The Weather Channel debuts.

1998: A mint in France begins producing the euro, the new single currency of the countries in the European Union.

2004: The National World War II Memorial is dedicated on the National Mall in Washington, D.C.

2008: Due to shrinking sea ice habitats, the U.S. Department of the Interior declares the polar bear a threatened species.

2012: Texas Ranger Josh Hamilton hits four home runs in one game. He was only the 16th player in MLB history to accomplish the feat.

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!



Make a New Friend

Befriend a person who is younger than you. Younger friends can help you view life from a new perspective.



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.

This month's topic: Aspiration. Tip of the month: "When going out to enjoy the beautiful weather, wear proper footwear so that you have good support and protection for your feet when walking on different surfaces!"





Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems. So pay some attention to your feet.

Each step you take involves a remarkably intricate network of bones, muscles, tendons and ligaments. That complexity—combined with all the weight they carry—accounts for why feet can be so prone to problems, including bone fractures, arthritis and plantar fasciitis, a swelling of the thick band of tissue that runs along the bottom of the foot.

If left untreated, foot problems may worsen. Eventually, the pain could interfere with your ability to do even the most basic things, like walking up stairs or down the street. If pain alters the way you walk, it can lead to pain in your knees, hips and back as well.

These problems can multiply, limiting your activity and affecting your quality of life.

Several things can contribute to foot pain or numbness. Sports and physical activity can cause your feet to hurt or become numb. Going too far, too fast or not warming up properly before exercise can set you up for painful or numbing injuries.

Excess weight puts extra stress on your feet. Poorly fitting shoes and other footwear are common causes of foot problems as well. Health problems can also affect the feet. Lack of feeling in your feet could be a sign of a serious illness, such as diabetes or a nerve disorder. See your health care provider if you have unusual numbness in your feet or foot pain that is severe, comes on suddenly, or doesn't improve with simple measures such as rest or over-the-counter pain medications.

How you walk and move affects your feet. Part of that is inherited. Not only do our feet look like our parents', but we also walk like our parents. But you can modify your gait—either with training or by changing shoes or using shoe inserts or pads.

You can help keep your feet healthy by wearing comfortable, well-fitting shoes. Wash your feet regularly (especially between your toes), wear clean socks and try to rotate your shoes to give them time to air out.

Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This helps stretch and strengthen your feet to help you balance.



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



Trinity Art Club with Muriel



Rose and Pat with Trinity Painters



Pat and Natalie painting with Trinity.



Art Class with Beth



Beth leading art class.



Dancing to the music!

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