

Belmont Village Scene



RoseMarie, Dan and Barbara with Active Military to celebrate July 4th!



Mary Enjoying the Flowers at the Conservatory.



Travel Presentation with Ernie!



They did a Flag Folding Ceremony for us!



Muriel, Joan and Jeanne at the Garfield Conservatory.



Marguerite and her Beautiful Family!



Village NEWS

Belmont Village of Oak Park

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

August 2015

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Director's Corner

Right on, Lefties!

It's not always easy to grow up left-handed in a right-handed world, but about 13 percent of the population does so.

August 13 is Left-Handers Day, a celebration of these individuals' unique perspective on life.

As you celebrate, consider some of these famous, brilliant, talented left-handers—both living and dead: historical figures Albert Einstein, Beethoven, Benjamin Franklin, Joan of Arc, Julius Caesar, Leonardo da Vinci, Mark Twain, Michelangelo, Napoleon, Pablo Picasso and Queen Victoria; astronaut Buzz Aldrin; sports figures Ty Cobb, Babe Ruth, Larry Bird, Jimmy Connors and Martina Navratilova; and former presidents James Garfield, Herbert Hoover, Harry S. Truman, Gerald Ford, Ronald Reagan, George Bush and Bill Clinton.

According to www.lefthandersday.com, these tidbits are also true:

- A high tendency exists in twins for one to be left-handed.
- Four of the five original designers of the Macintosh computer were left-handed.

◦ One in four Apollo astronauts were left-handed—250 percent more than normal.



Mike Amici, Executive Director

August Namesakes

The eighth month was named for Emperor Augustus, who founded the Roman Empire in 27 B.C., but he wasn't the only famous Augustan.

- Auguste Rodin was a 19th-century French sculptor known for lifelike works such as "The Thinker" and "The Kiss."
- In 1858, German astronomer and mathematician August Möbius discovered a one-sided, three-dimensional puzzle that would become known as the Möbius strip.
- Author, playwright and patron of the arts Lady Augusta Gregory was an influential member of the late-1800s Irish literary movement.



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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



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Toll-Free Disaster Info For Families 1-877-218-0020



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, Aug. 10**, 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" AUGUST

1846: An act of Congress establishes the Smithsonian Institution. The museum and research complex was named for British scientist James Smithson, who bequeathed his \$500,000 estate to the U.S.

1902: Theodore Roosevelt becomes the first U.S. president to make a public appearance riding in a car.

1909: The Indianapolis Motor Speedway holds its first race. The track is home to the annual Indy 500, called the "Greatest Spectacle in Racing."

1926: At the age of 19, American Gertrude Ederle becomes the first woman to swim the 21 miles of the English Channel.

1932: Famed pilot Amelia Earhart flies from Los Angeles to Newark, N.J., making her the first woman to fly solo from coast to coast.

1959: President Dwight D. Eisenhower signs an executive order proclaiming Hawaii the 50th state of the union.

1961: Singer Patsy Cline records the ballad "Crazy" in Nashville.

1969: More than 500,000 people attend the three-day Woodstock Music and Art Fair at a farm near Bethel, N.Y. The Who, Jimi Hendrix and the Grateful Dead were among the festival's famous acts.

1996: Sprinter Michael Johnson breaks the world record in the men's 200-meter and wins a gold medal at the Summer Olympic Games in Atlanta.

2009: The U.S. Senate confirms Sonia Sotomayor as the nation's first Hispanic Supreme Court justice.

Welcome New Residents

Charlie T	#209
Nilza K	#101
Kathleen M	#227
Richard M	#210
Helen K	#102
Anne R	#403
Joan S	#505
Jeanette T	#208



Please join us every last Thursday of the month at 1 p.m. in the Great Rm to meet new faces of Belmont! You will meet those who moved in over the past few weeks, and take a moment to introduce yourself!

MBA CLUB NEWS

The MBA Club has started ANOTHER new book in Book Club! We are reading "I Shall Be Near to You", a story that takes place during the Civil War and a wife who joins the army to fight alongside her husband and the other men. Please feel free to join us if you are interested! We typically meet three times per week, so keep an eye on the schedule for times.



A Heroic Code

Aug. 14 is Navajo Code Talkers Day, when the Navajo Nation recognizes the men whose unbroken military code played a pivotal role during World War II.

In the early months of the war, Japanese intelligence had broken every code used by U.S. forces. Philip Johnston, a World War I veteran who was raised on a Navajo reservation, suggested the Navajo language—which has no alphabet and is almost impossible to master by outsiders—be used for military communications.

In 1942, the first 29 Navajo Code Talkers were recruited by Johnston, and they created a code that eventually consisted of more than 600 terms. The code was not allowed to be written down, so the members of the unit had to act as "living codes" and rapidly recall words during battle.

Credit is given to the Code Talkers for securing victory during Iwo Jima, when they perfectly coded more than 800 transmissions in the battle's first 48 hours alone.

The success of their code led it to remain a military secret for two decades. In 1992, the U.S. Department of Defense honored the Code Talkers for their military contributions, and, in 2001, the original 29 as well as later Code Talkers received Congressional Medals of Honor.



The Tip of the Month from Paxxon Therapy is "In this hot weather, make sure to turn up your air conditioner, wear loose fitting clothing and drink plenty of water to avoid heat stroke during your exercises!" We will have a presentation on the last Wednesday in August; stay tuned for the topic!

Spirit Committee

The Team Members of Belmont have started a Spirit Committee, made up of employees, to help support each other at staff meetings and trainings, and boost morale! This month, they voted on an MVP for both 1st and 2nd shift, and the winners were Dorothy G and Imelda C! Stay tuned each month to see what fun things the team members are up to!

Belmont Choir!

We are starting a Belmont Choir, made up entirely of residents! This is purely for fun, and anyone who has ever had an interest in singing is welcome to join us! We want any and all residents who are interested, even if it is just a little bit. We will have a musician to accompany us, and lyric pages to read from. Stay tuned for meeting times!



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

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: 1:30 p.m.
(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
						9:30 Coffee & Chit Chat - B 10:00 LCR Dice Game - GR 1:30 Book Club - TR 1:30 Scenic Drive 3:00 Uno Game w/ Natalie - GR 3:30 Horseshoes w/ Deena - P 6:30 Bingo Games! - GR
2 8:00 Church Transportation 9:30 Catholic Mass Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Sunday Scenic Drive 1:30 In-House Opera - TH	3 8:30 Leave for Lake Geneva 9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Chat with the Rabbi - TH 1:45 Popcorn with Terry - GR 2:30 Brain Games w/ Sam - B 2:45 Tai Chi w/ Louie - TH 3:30 Mysteries at the Museum - B 6:30 History Program w/ John - TH	4 9:30 Boot Camp - TH 10:00 Crossword Challenge - TH 10:45 Mass/Communion - TH 1:30 Parkinson's Class - CFLE 1:30 Laughter Club w/ Cathy - TH 2:30 Current Events - GR 3:30 Sing-Along w/ Johnny - GR 6:30 Bingo Games! - GR	5 9:30 Balance Class - TH 10:00 Jewelry-Making Class- B 10:15 Word Puzzles - GR 1:15 Book Club - TR 1:30 CHF Exercise - CFLE 1:45 Balloon Volleyball - TH 2:15 Wine and Cheese Social - GR 3:30 History You Never Knew - TR 6:45 Midweek Movie & Popcorn - B	6 9:30 Boot Camp - TH 10:00 Art Class w/ Beth - B 10:30 Trivia Challenge - B 11:00 Communion - TH 1:15 Writing Workshop w/ Nora - TH 1:30 Parkinson's Class - CFLE 2:15 Book Club - TH 3:30 Rummikub Tile Game - GR 3:30 Music Therapy w/ Justin - TH 6:30 Bingo Games! - GR	7 9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Word Puzzles - GR 1:00 Richard's Movie Matinee - TH 2:00 Special Letter Bingo - GR 3:00 Variety Show w/ Jason - TH 7:00 Carol Burnett/I Love Lucy - B	8 9:30 Coffee & Chit Chat - B 10:15 Yoga with Judy - TH 1:30 Scenic Drive 1:45 LCR Dice Game - GR 3:00 Uno Game w/ Natalie - GR 3:30 Horseshoes w/ Deena - P 6:30 Bingo Games! - GR
9 8:00 Church Transportation 9:30 Catholic Mass Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Sunday Scenic Drive 2:30 Music with Kym - GR	10 9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 1:30 Resident Council - TH 2:30 Brain Games w/ Sam - TH 3:45 Travel Presentation w/ Ernie - TH 6:30 Uno w/ Natalie - GR	11 9:30 Boot Camp - TH 10:00 Crossword Challenge - TH 10:45 Mass/Communion - TH 1:30 History with Tim - TH 1:30 Parkinson's Class - CFLE 2:30 Current Events - GR 3:30 Sing-Along w/ Johnny - GR 6:30 Bingo Games! - GR	12 9:30 Balance Class - TH 10:00 Wii Bowling - B 10:15 Word Puzzles - GR 1:15 Book Club - TH 1:30 CHF Exercise - CFLE 2:15 Wine and Cheese Social - GR 3:30 History You Never Knew - TR 6:45 Midweek Movie & Popcorn - B	13 9:30 Boot Camp - TH 10:00 Art Class w/ Beth - B 10:30 Trivia Challenge - B 11:00 Communion - TH 1:00 Making Ice Cream - TH 1:30 Parkinson's Class - CFLE 2:15 Classical Music Appreciation - TH 3:30 Rummikub Tile Game - GR 3:30 Music Therapy w/ Justin - TH 6:30 Bingo Games! - GR	14 9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TR 10:30 Drum Circle w/ Chris - TH 11:00 Lunch Outing: Peppinos 1:00 Richard's Movie Matinee - TH 2:00 Special Letter Bingo - GR 3:00 Variety Show w/ Jason - TH 3:30 Visit from OPACL - GR 7:00 Carol Burnett/I Love Lucy - B	15 9:30 Coffee & Chit Chat - B 10:15 Yoga with Judy - TH 1:30 Scenic Drive 1:45 LCR Dice Game - GR 3:00 Uno Game w/ Natalie - GR 3:30 Horseshoes w/ Deena - P 6:30 Bingo Games! - GR
16 8:00 Church Transportation 9:30 Catholic Mass Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Sunday Scenic Drive 2:00 Tenzi Dice Game - GR 3:00 Music w/ Joyce G - GR	17 9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Art Class w/ Beth - B 1:30 Travel Presentation w/ Bill - TH 2:45 Word Puzzles - GR 3:00 Mysteries at the Museum - B 6:30 Uno w/ Natalie - GR	18 9:30 Boot Camp - TH 10:00 Crossword Challenge - TH 10:45 Mass/Communion - TH 12:45 Visit Animal Care League 1:30 Parkinson's Class - CFLE 1:30 Laughter Club w/ Cathy - TH 2:30 Current Events - GR 3:30 Sing-Along w/ Johnny - GR 6:30 Bingo Games! - GR	19 9:30 Balance Class - TH 10:00 Jewelry-Making Class- B 10:15 Word Puzzles - GR 1:15 Book Club - TR 1:30 CHF Exercise - CFLE 1:45 Balloon Volleyball - TH 2:15 Wine and Cheese Social - GR 3:30 History You Never Knew - TR 6:45 Midweek Movie & Popcorn - B	20 9:30 Boot Camp - TH 10:30 Trivia Challenge - B 11:00 Communion - TH 1:15 Writing Workshop w/ Nora - TH 1:30 Parkinson's Class - CFLE 2:15 Book Club - TH 3:30 Rummikub Tile Game - GR 3:30 Music Therapy w/ Justin - TH 6:30 Bingo Games! - GR	21 9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TR 10:00 Zumba Fitness - TH 11:00 Lunch Outing: New Star Chinese 1:00 Richard's Movie Matinee - TH 2:00 Special Letter Bingo - GR 3:00 Variety Show w/ Jason - TH 7:00 Carol Burnett/I Love Lucy - B	22 9:30 Coffee & Chit Chat - B 10:00 Book Club - TH 1:30 Scenic Drive 1:45 LCR Dice Game - GR 3:00 Uno Game w/ Natalie - GR 3:30 Horseshoes w/ Deena - P 6:30 Bingo Games! - GR
23 8:00 Church Transportation 9:30 Catholic Mass Televised Live - B 10:15 Communion - TH 10:30 Word Puzzles - GR 1:30 Sunday Scenic Drive	24 9:00 Walgreens/Walmart 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 2:30 Senior Health Program - TH 6:30 Uno w/ Natalie - GR	25 9:30 Boot Camp - TH 10:00 Crossword Challenge - TH 10:45 Mass/Communion - TH 1:30 Belmont Culinarrians - TH 1:30 Parkinson's Class - CFLE 2:30 Current Events - GR 3:30 Sing-Along w/ Johnny - GR 6:30 Bingo Games! - GR	26 9:30 Balance Class - TH 10:00 Presentation w/ Paxxon Therapy - TH 10:15 Word Puzzles - GR 1:15 Book Club - TH 1:30 CHF Exercise - CFLE 2:15 Wine and Cheese Social - GR 3:30 History You Never Knew - TR 6:45 Midweek Movie & Popcorn - B	27 9:30 Boot Camp - TH 10:00 Art Class w/ Beth - B 10:30 Trivia Challenge - B 11:00 Communion - TH 1:00 Meet & Greet - GR 1:30 Parkinson's Class - CFLE 1:30 Dancing w/ Louie - B 2:15 Book Club - TH 3:30 Music Therapy w/ Justin - TH 3:30 Rummikub Tile Game - GR 6:30 Bingo Games! - GR	28 9:00 Jewel/Walgreens 9:30 Sit and Be Fit - TH 10:00 Book Club - TR 10:00 Zumba Fun Fitness - TH 1:00 Richard's Movie Matinee - TH 2:00 Special Letter Bingo - GR 3:00 Variety Show w/ Jason - TH 7:00 Carol Burnett/I Love Lucy - B	29 9:00 Alzheimer's Support Group - TH 9:30 Coffee & Chit Chat - B 10:00 LCR Dice Game - GR 1:30 Scenic Drive 2:00 Word Puzzles - GR 3:00 Uno Game w/ Natalie - GR 3:30 Horseshoes w/ Deena - P 6:30 Bingo Games! - GR
30 1:30 Sunday Movie Matinee - TH 2:30 Resident Card-Making - GR 3:00 Tenzi Dice Game - GR 7:00 Trivia Challenge - GR	31 9:30 Sit and Be Fit - TH 10:00 Book Club - TH 12:00 Movie Theater Outing: TBA 1:45 Popcorn with Terry - GR 6:30 Uno w/ Natalie - GR					



Happy Birthday



RESIDENTS' BIRTHDAYS

- Aug. 2 Ethel B #428
- Aug. 2 Mary T #604
- Aug. 4 Catherine N #231
- Aug. 5 Helen M #529
- Aug. 7 Betty M #524
- Aug. 8 Jeanne O #628
- Aug. 9 Adelle S #504
- Aug. 10 Rollie S #419
- Aug. 14 Nilza K #109
- Aug. 16 Betty B #322
- Aug. 20 Bob M #328
- Aug. 23 Jeanette H #230
- Aug. 23 Anne-Marie S #426

EMPLOYEE BIRTHDAYS

- Aug. 1 Rollin Smith
- Aug. 4 Kim Nash
- Aug. 5 Cortesha Ricks
- Aug. 6 Carolyn Evans-Porter
- Aug. 8 Mike Amici
- Aug. 9 Shandia Withchard
- Aug. 12 Joan Thompkins
- Aug. 12 Patricia Burgess
- Aug. 12 Amanda Husick
- Aug. 13 Larry Davis
- Aug. 13 Katrina Wright
- Aug. 16 Larry Alvarez
- Aug. 24 Andullar Bando

Neighborhood News

The dog days of August are upon us! Or maybe not! What's going on with the weather! Regardless, the Neighborhood keeps moving forward rain, wind or shine. We have so many new faces in the Neighborhood and they are challenging us to meet their ever evolving activity needs. While we have planned, themed activities scheduled 7 days a week, we always welcome feedback and suggestions from family members on how we can engage our residents in the best way possible. Don't be shy, if you see Ned walking around and you have an idea, tell him. But beware ... if you have a good idea he might ask you to help out!



Circle of Friends News

August is an exciting time in the Circle of Friends. The folks in the Circle are finishing up their sand candle project and will also be working on some framed vacation pictures to spruce up their apartments. Belmont Village is also rolling out a new and improved Activity Leader Certification program. It will be ongoing for several months and is designed to deepen our understanding of how memory works in our own minds and bringing that increased awareness into the activities that are designed to engage and stimulate our residents.



Employee of the Month

Congratulations to Maria Diaz!!!

Maria is the Employee of the Month for August, and it is WELL deserved. Maria has worked at Belmont for several years; she is one of our full-time team members of Josephine's Kitchen. She works very hard in the dining room, helping residents, serving and helping with events and parties. She has also come up with ideas for activities around the community! Maria always has a smile on her face and she always has time to lend a hand, whether it is to a resident or another team member. We are lucky to have her!

Health News



Urinary tract infections (UTI) aren't just a nuisance - they can cause serious health problems. A Urinary Tract Infection happens when bacteria in the bladder or kidney multiplies in the urine. Left untreated, a urinary tract infection can become something more serious than merely a set of uncomfortable symptoms. UTIs can lead to acute or chronic kidney infections, which could permanently damage the kidneys and even lead to kidney failure. UTIs are also a leading cause of sepsis, a potentially life-threatening infection of the bloodstream. The population most likely to experience UTIs is seniors. Seniors are more vulnerable to UTIs for many reasons.

Younger people tend to empty the bladder upon urination, which keep bacteria from accumulating within the bladder. Senior men and women experience a weakening of the muscles of the bladder, which leads to more urine being retained in the bladder, poor bladder emptying and incontinence, which can lead to UTIs.

Typical signs and symptoms of UTIs are urine that appear cloudy, bloody urine, strong or

foul-smelling urine odor, frequent or urgent need to urinate, pain or burning with urination, pressure in the lower pelvis, low grade fever, night sweats, shaking or chills.

UTIs in seniors are often mistaken as the early stages of dementia or Alzheimer because symptoms include confusion, or delirium like state, agitation, hallucinations, behavioral changes, poor motor skills or dizziness and falling.

The following conditions make seniors more susceptible to UTIs, Diabetes, urinary retention, use of catheter, bowel incontinence, enlarged prostate, immobility, surgery of any area around the bladder and kidney stones.

People with incontinence are at risk for UTIs because of the close contact that adult briefs have with their skin, which can reintroduce bacteria into the bladder. Some recommendations to reduce the risk is to change the briefs frequently, encourage front to back cleansing, keep the genital area clean, set reminders for those who are memory-impaired to try to use the bathroom instead of the adult brief, drink plenty of water, avoid caffeine and alcohol, always wipe from front to back for women and wear cotton-cloth underwear and change them at least once daily. If you think you might have urinary tract infection, see your doctor right away.

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.



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.

