

Our Memorial Day Celebration!



Flowers for Jean, Dru and Frances



Rose & her family on Memorial Day



Loretta, John and Margi!



All smiles for the Enrights!



Dove Release Ceremony



Joan and her daughter dancing to Dave Winestone's Band!



Belmont Village of Rancho Palos Verdes

Village NEWS

5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

July 2015

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Our Management Team

Judi's Notes:

Happy Fourth of July! This month, we celebrate our nation's birthday. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure today. As a reminder to all our residents, fireworks are not permitted on the property. Have a Happy Independence Day!

Beat the heat ... while exercising in the great outdoors might be exhilarating during the cooler weather, the hazy days of summer can have you panting for air as you're trying to burn calories. Thankfully, our community has an air-conditioned fitness center right here in the building.

Our center is equipped with fitness machines designed to give you the workout you need. The fitness center is open every day, so come by and get the benefits of a great workout without the oppressive heat!

Swimming guests! Please feel free to enjoy the pool during the hot summer months, especially if you plan on having guests. But please remember that residents must accompany their guests in the pool area at all times. Enjoy the summer fun!

July is also Peach Month. Behold the Power of the Peach! Peaches

are the third most popular fruit grown in America. Before global marketing, peaches were only available to the United States during the summer months.

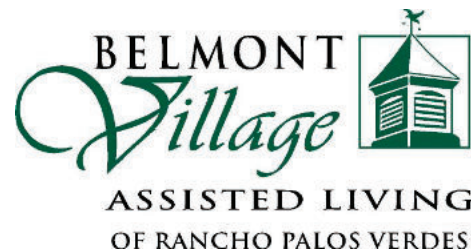
Today, peaches are available year-round, with the majority of imported peaches coming from Chile. Although peaches are most commonly associated with

Georgia, Johnston, South Carolina, is considered the peach capital of the world. Peaches are so important to these two states that both have adopted the peach as the state fruit.

Scientists are studying peaches, as well as other orange and yellow fruits, for their health-promoting potential. Peaches contain varying amounts of antioxidants and phytochemicals, both important for the fight against cancer. One

medium-size peach provides almost three quarters of the daily vitamin C requirement and is rich in iron and potassium. Because peaches are more than 80 percent

water, they are naturally low in calories and are a good source of dietary fiber. The combination of water and fiber make them a perfect remedy for constipation. Next time you get a snack attack, consider the power of the peach and choose wisely!



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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





One Minute Chef

NEW Chef Chat Demonstration!

Watch and learn from our Chef Manager Tony as he does demonstrations of easy recipes you can make in your own rooms. From bake-less cheesecakes and omelets in a mug to breakfast bars!
Tuesday, July 28, at 2:30 p.m. in Town Hall



Dove Release!

Neighborhood News!

We honored our veterans by releasing the doves during Memorial Day. Last month, we celebrated Father's Day with an ice cream social and entertainment by Jerry Pellegrino "The Pianist." He will be performing every month for our Neighborhood residents. Sunday is now our official "Popcorn Day." The residents can enjoy the smell and taste of fresh, warm, popcorn when they come back from their scenic drive.

An upcoming exciting event in the Neighborhood will be our 4th of July Party with entertainment by the artful singer Armando.

South Coast Botanic Garden Tram Outing!

Don't miss the NEW tram tour at the South Coast Botanic Garden! Enjoy the beautiful and restorative urban oasis!

When: Thursday, July 23
Departure Time: 1:30 p.m.
Cost: \$11 per person (will be billed to your room)

* Please sign up at the concierge desk.



Night at the Movies W/ Theo Siegel!

Theo is back with his classic movies! Theo promotes education through customized entertainment. Learn about the production and about the movie stars of one of your favorite classic movies from Theo and enjoy the movie right after!

Sunday, July 12, at 6:30 p.m. in Town Hall

Italian Outings!

Our residents in our community love Italian food! By means of your requests, our lunch and dinner outings this month will be at two great local Italian restaurants!

Dinner Outing
Wednesday, July 8, at 4 p.m.
Giorgio's

Lunch Outing
Wednesday, July 29, at 11 a.m.
Nico's Pizzeria

Other Outings in July
Wednesday, July 8, at 11 a.m.
Peninsula Drop-Offs

Wednesday, July 15, TBD
Movie Outing to AMC Theaters

Thursday, July 16, at 2 p.m.
Stroll at the Park

Wednesday, July 22, at 11 a.m.
Peninsula Drop-Offs

Thursday, July 23, at 1:30 p.m.
South Coast Botanic Garden



Dinner Outing at Admiral Risty!

Circle of Friends

Summer is officially here, but the weather still feels like spring. Circle of Friends residents were enjoying their afternoon walk and looking at the flowers in the garden, then stopped for a snack at the gazebo.

A NEW Drum Circle by Music Therapist Bradley Anderson will start this month for our Circle of Friends residents to engage in lively drumming activities and rhythms. Everybody will be rocking to the beat!

Schedule of outings.

July 7 – A visit to the Torrance Farmers' Market at Wilson Park, Torrance

July 14 – Movie Outing

July 21 – Maritime Museum, San Pedro California

July 28 – Lunch Outing TBD

Families, please come and join us!



A beautiful day for a walk outside!



Circle of Friends Outing to El Pollo Inka



Art Class!



Beautiful job Josephine and Erna!



Marty at the Rose Garden in Exposition Park!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 1:30 TH Art Class 🌿 3:00 TH Paper Plate Exercise 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	9:30 TH Shimmy Shape Up 🌿 10:15 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 11:30 PT Pre-4th of July BBQ Bash W/ Entertainment by Lenny G Trio ★ 2:00 TH 4th of July Craft! 🌿 3:00 TH Strength, Balance & Flexibility 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Patriotic Show W/ Tom Horvac 6:30 TH Evening Movie	Independence Day 9:30 TH Movement Exercise W/ Vyrel 🌿 10:30 TH Blackjack W/ Siam 1:15 TH Sensory & Stimulus 🌿 2:30 2B Dominoes 3:30 GR Patriotic Show W/ Betsy & Boyd Duo 6:30 TH Evening Movie
9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 🌿 2:00 PL Aqua Aerobics 🌿 3:30 GR Champagne & Entertainment W/ Kevin Lawrence 6:30 TH Armchair Astronomy 🌿	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:00 TH Sharpen Your Senses 🌿 2:30 PL Aqua Aerobics 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Balance Exercise 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 12:00 JK Birthday Lunch! 1:00 TH Think Tank 🌿 2:00 JK Marketplace 2:30 TH Current Events 🌿 2:30 GR Activity Chat & MBA Meeting 3:30 TH Bingo	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Peninsula Drop-Offs 1:15 TH Beading Class 🌿 3:00 TH Paper Plate Exercise 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 4:00 Dinner Outing to Giorgio's! 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Italian Class 🌿 1:30 TH 15 Minutes of Fame W/ Resident of the Month 3:00 TH Strength, Balance & Flexibility 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Tony D. 6:30 TH Evening Movie	9:30 TH Movement Exercise W/ Vyrel 🌿 10:30 TH Blackjack W/ Siam 1:15 TH Musical Trivia 🌿 2:30 2B Dominoes 3:30 GR High Tea W/ Rose Marie 6:30 TH Evening Movie
9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 🌿 2:00 TH Think Tank 🌿 3:00 TH Bingo 6:30 TH Night at the Movies W/ Theo Siegel ✓	9:30 TH Sit & Be Fit 🌿 10:00 TH Boot Camp 🌿 11:00 TH Poker 1:00 TH NEW Drum Circle Class ✓ 2:30 TH What's Cooking?! 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:00 TH Think Tank 🌿 2:00 JK Marketplace 2:30 TH Resident Council 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Movie Outing to AMC 1:30 TH Art Class 🌿 3:00 TH Paper Plate Exercise 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	9:30 TH Shimmy Shape Up 🌿 10:15 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 2:00 Stroll at the Park! 🌿 3:00 TH Strength, Balance & Flexibility 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Elias W/ Love 6:30 TH Evening Movie	9:30 TH Movement Exercise W/ Vyrel 🌿 10:30 TH Blackjack W/ Siam 1:15 TH Sensory & Stimulus 🌿 2:30 2B Dominoes 3:30 GR High Tea W/ Stan 6:30 TH Evening Movie
9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 🌿 2:00 PL Aqua Aerobics 🌿 3:00 TH Bingo 6:30 TH Evening Movie	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:00 TH Sharpen Your Senses 🌿 2:30 PL Aqua Aerobics 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Balance Exercise 🌿 9:30 GR Oujaba Boutique 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:00 TH Think Tank 🌿 2:00 JK Marketplace 2:30 TH Current Events 🌿 3:30 TH Bingo	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Peninsula Drop-Offs 1:15 TH Beading Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 3:00 TH Paper Plate Exercise 🌿 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Italian Class 🌿 1:30 TH Documentary 🌿 1:30 Outing to South Coast Botanic Garden 3:00 TH Strength, Balance & Flexibility 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Tatijana 6:30 TH Evening Movie	9:30 TH Movement Exercise W/ Vyrel 🌿 10:30 TH Blackjack W/ Siam 1:15 TH Rubber Block Printing 🌿 2:30 2B Dominoes 3:30 GR High Tea W/ Sharon Fotch 6:30 TH Evening Movie
9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 🌿 4:30 JK Formal Meal W/ Entertainment by Jose Chong 6:30 TH Evening Movie	9:30 TH Sit & Be Fit 🌿 10:00 TH Boot Camp 🌿 11:00 TH Poker 1:00 GR Categories 🌿 2:30 TH What's Cooking?! 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:00 TH Think Tank 🌿 2:00 JK Marketplace 2:30 TH Chef Chat 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Zumba Chair Exercise 🌿 10:00 TH Yoga 🌿 11:00 Lunch Outing to Niko's Pizzeria 3:00 GR Word Game W/ Wine & Cheese 🌿 3:00 TH Paper Plate Exercise 🌿 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Italian Class 🌿 2:00 TH Resident Social! 3:00 TH Strength, Balance & Flexibility 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength 🌿 3:30 GR Happy Hour W/ Tony D. 6:30 TH Evening Movie	



Birthday Lunch
Tuesday, July 7, at
12 p.m. in Josephine's
Kitchen!

Resident July Birthdays

Pauline Hayakawa	14
Yvonne Carnes	18
Bernice Heithaus	20
Fiore Michael Pucci	22
Maria Saucedo	24
Darrell Schermerhorn	28



Employee July Birthdays

Elsie Serrano	1
Christina Guico	2
Beverly Matzdoff Golding	5
Olga Galindo	5
Laura Gomez Ochoa	7
Vanessr Rios	7
Esmeralda Brambila	10
Charles Jullian Castillo	12
Carlos Vargas	16
Patricia Ramirez	18
Mary Wysocki	21
Jessika Vindas	21
Mayra Marquez De La Cruz	22
Noemi Martinez Xol	25
Erma Flor Gedaya	26

Resident of the Month



Stephanie Enright

Belmont Village has selected Stephanie Enright as July's Resident of the Month! Meet Stephanie for her 15 minutes of fame to learn about her interesting experiences on Thursday, July 9, in Town Hall at 1:30 p.m.

Fourth of July Celebration

Many of our residents are heading out of town this Fourth of July weekend, so this year we will be hosting a Pre-Fourth of July Celebration on **Thursday, July 2, at 11:30 a.m.** Come and enjoy great food and live entertainment by the Lenny G Trio! We will be also having **Patriotic Shows on Friday, July 3, by Tom Horvac and Saturday, July 4, by Betsy and Boyd Duo at 3:30 p.m. in the Great Room.**



Myla C. Ledesma

Employee of the Month!

Myla has helped out in many areas of our community since her first day back in July 2011. We appreciate Myla's professional attitude, appearance and constant outstanding work performance. Myla raises the bar of expectations for our employees, and that's very important. Our great reputation brings in residents that expect all the qualities Myla provides. Please join us in thanking Myla for all her hard work by congratulating her as our featured Employee of the Month for June!

Nerissa's Notes:

How can older adults prevent falls?

Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.

Older adults can stay independent and reduce their chances of falling. They can:

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.

- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.
- Make their homes safer by reducing tripping hazards such as rugs, adding grab bars inside and outside the tub or shower and next to the toilet, and improving the lighting in their homes.

To lower their hip fracture risk, older adults can:

- Get adequate calcium and vitamin D—from food and/or from supplements.
- Do weight bearing exercise.
- Get screened and, if needed, treated for osteoporosis.



Nerissa Lagmay, R.N.
Director of Resident Care

"We Choose Our Friends & Neighbors" Limited Time Offer!

Now that you have experienced the exceptional services and amenities that Belmont Village has to offer, we encourage you to tell your friends. Choosing your neighbor means more than ever before— each new resident you refer earns you \$2,500 * off one month's rent! So go ahead and make an old friend a new neighbor!

This offer also applies to new residents referred to Belmont Village by your family members. Any referrals who reside at Belmont Village a minimum of 30 days qualify you for the bonus.

To participate, simply list the names and telephone numbers of your friends who may be considering Assisted Living on the official referral form you can obtain from the concierge desk and submit it to our Executive Director. That's it! All you have to do is spread the word—we'll take it from there!

Remember, it pays to talk about Belmont Village!