



Belmont Village of Westwood Village NEWS



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

October 2015

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James' Note



Pumpkin-Spiced Letter

Hi, everyone! October is here, and with it are all the great events and activities dressed with fall colors! Last month we held the Veterans' Photo Shoot Ceremony that commemorated the veterans in our very own building who have served our country. Appreciation and gratitude were sentiments that were expressed sincerely during that event and well after. From the soloist Francesca Sola singing the National Anthem, while being joined in by residents, to the Beverly Belles performing while food was being served, it was a well-deserved event in order to honor our residents. Next in the order of events that will definitely light up our night is the exceptional "Dancing Under the Stars" event. This event is going to be filled with great music, good food and of course the

quintessential dance floor! While under the stars, we hope that inviting everyone to test out only their best moves on the dance floor will guarantee a great night full of enjoyment and good memories. I know that you can all have a great time at this event.

There is nothing more enjoyable than sharing good memories with the people who you know and love, and that is exactly what we want to keep on doing. Stay tuned and look out for the Dancing Under the Stars event on Oct. 1! We'll see you all there!

Lastly, I want to remind everyone that the Club Room has new tables and chairs for card games, and that all residents are welcomed to play. We hope you enjoy! See you soon! ~ James



Survey Time!

This month you will be receiving the Resident and Family Satisfaction Survey in the mail. Please let us know how we are doing by filling out the survey and mailing it back.



October Resident Birthdays

Delores Levitan 4th
Beverly Baum 7th
Ernest Aarons 8th
Hope Casser 8th
Estekke Reich 8th
Hilda Glass 12th
Ida Rodich 12th
Anita Simon 12th
Lilli Diamond 16th
Harriet Keast 18th
Katy Kolodziejsky 18th
Jeanette Butler 23rd
Marci Stillerman 26th
Pearl Handler 27th
David Wilkes 27th
Edith Azoff 30th
Mili Wild 31st

October Staff Birthdays

Keisha Lino 3rd
Beatrice Williams 8th
Rachel Moore 8th
Aida Lineses 11th
Olga Lopez Deleon 11th
Avegail Sipin 13th
Lisa Genera 14th
Jacqueline Gonzalez 15th
Riza Wdowczak 15th
Adey Kidane 15th
Maria Cortes 18th
Daisy Ceballos Meraz 18th
Asha Mitchell 19th
LaPierre Williams 20th
Leilani Cajulis 24th
Jessika Nickerson 25th
Corazon Javier 27th
Shawneqa Fountain 28th
Everardo Rivas Artero 28th
Brenda Godina 31st

Rehab Care: Arthritis

Arthritis is inflammation of the joints in one or more areas of the body. There are more than 100 different types of arthritis, all of which have different causes and treatment methods. Arthritis comes and goes and can also affect the muscles. Even though it may hurt to move, the best thing you can do for arthritis is to exercise. The main goal of treatment is to reduce the amount of pain you're experiencing and prevent any additional damage to the joints.

RehabCare Therapy Group has Physical and Occupational therapists available if you feel you need help with your daily functioning. If you are functioning well but need some motivation to move, contact your Wellness Coordinator, Tere Filer, for group and personal training suggestions.

Extra Mile Award



Jacqueline Gonzalez

Congratulations, Jacqueline, for receiving the Extra Mile Award! Jacqueline has been working at Belmont Village for two years, and what she enjoys the most is befriending the residents and building relationships. She spends her time outside of Belmont with her two boys, watching movies, eating out and going to the beach. Thank you for all your efforts this month and every month, Jackie!

DRCS Health Hints by Zara Khatchatrian



Did You Know ...

Over 30% of cancer could be prevented by avoiding tobacco, alcohol, maintaining a healthy diet and physical activity.

October is breast cancer month, but cancer is a disease of aging. As we age, the risk of getting certain types of cancer such as breast, prostate, pancreatic, lung, bladder and stomach cancer increases. Due to the increase in life expectancy, cancer in older adults is becoming increasingly common. According to the American Cancer Society, 77% of all cancers are diagnosed in persons age 55 and older. Some of the challenges in older adults for treatment of cancer are as follows:

- Less tolerance for certain cancer treatments, including capacity to respond
- Other medical diagnoses in addition to the cancer
- Cognition
- Functionality, such as the ability to perform basic activities of daily living

- Nutrition
- Social environment (access to transportation, family, caregivers, home safety finances, etc.).

Older adults with cancer have special needs and require expert care. Geriatric Oncologists provide comprehensive cancer care to patients over 70. To determine the most appropriate treatment plan for patients, Comprehensive Geriatric Assessment (CGA) has been developed in order to ensure a detailed view of an older adult's overall condition, focusing on functional status and quality of life. Using the CGA allows physicians to create an individual treatment plan tailoring care to each patient. In addition, CGA can help your physician emphasize that advanced age alone should not prevent the use of effective cancer treatment that may improve quality of life.

Smoking and Cancer

Decades of research have consistently established the strong association between tobacco use and cancers of many sites. Many extensive bodies of evidence have led to the estimation that cigarette smoking causes 30% of all cancer deaths in the United States.

Transportation Schedule

Sunday: Scenic drive

Monday: Doctor appointments, local trips

Tuesday: Doctor appointments, Circle of Friends outing

Wednesday: Doctor appointments, activity outing

Thursday: Doctor appointments, neighborhood outing

Friday: Local trips

Saturday: Local trips

Please sign up for activity outings. Schedule your doctor appointments and other transportation needs at the Concierge Desk.

Resident Committees

MBA and Activity Meeting— Meets on the second Tuesday of the month in the Screening Room to discuss upcoming outings and new activities.

Chef Chat— Meets on the last Tuesday of the month in the Screening Room.

Resident Council— Meets on the second Tuesday of the month in the Screening Room.

Movie Committee— Please join our committee and help pick the flicks we play every evening! This Committee meets on the first Tuesday of the month in the CFL at 1:30 p.m.

Employee of the Month



Ermerita McSwain

With the kindest of demeanors and the most outgoing of personalities, Ermerita has been awarded as the employee of the month for October. She has been working at Belmont for almost 2 years and has committed her time and energy to going above and beyond with resident care. Her enjoyment comes from working with elders because of the knowledge and experience from their lives that they offer. Ermerita's drive and inspiration comes from her five children, whom she loves and thinks about often.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:00 ■ TH Balance and Mobility 🌿 11:00 ■ SR "Who Am I?" Resident Discussion Series 🌿 1:30 ■ TH Yiddish Conversation Group 🌿 3:00 ■ GR Happy Hour with Mark Cole ★ 4:00 ■ TH Chair Yoga Class 🌿 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Card Games 11:00 ■ CL Mental Fitness 🌿 1:30 ■ SR Afternoon Documentary 1:30 ■ GR Rummikub 3:00 ■ TH Thought Lounge Discussion 🌿 4:00 ■ CL Jewish Text: Ethics of Our Fathers with Rabbi Janet 7:15 ■ SR At the Movies 7:30 ■ TH Shabbat with Rabbi Jerry Cutler	9:15 ■ LB Local Errands 10:30 ■ SR Song Appreciation 🌿 11:00 ■ PL Water Aerobics 🌿 1:00 ■ LB Trader Joe's/CVS/Rite Aid 1:00 ■ TH Silk Scarf 🌿 1:30 ■ SR Sit & Be Fit 🌿 1:30 ■ GR Card Games 2:15 ■ LB Whole Foods 2:30 ■ SR Afternoon Movie 7:15 ■ SR At the Movies
4	5	6	7	8	9	10
9:30 ■ LB Ralps/ Target Shopping 10:30 ■ SR At the Movies 11:00 ■ CL Jewish Discussion Brunch 🌿 1:30 ■ GR Trivia with Fritz 🌿 2:00 ■ LB TBD Shopping 2:30 ■ TH Bingo 2:30 ■ GR Happy Hour with Davido ★ 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 1:30 ■ TH Glass Art 🌿 2:00 ■ PP Garden Club 3:00 ■ TH Monday Meditation 🌿 3:00 ■ SR Podcast Discussion 🌿 4:00 ■ SR Geography, Topography & Public Policy w/ Margot 7:15 ■ SR At the Movies 7:30 ■ TH Bingo	10:00 ■ TH Balance and Mobility 🌿 1:30 ■ CL Movie Committee 3:30 ■ SR Rehab Care: Arthritis Seminar 4:00 ■ TH Painting with Blake 🌿 4:00 ■ CL Jeopardy 🌿 4:30 ■ SR TV Series Viewing 7:00 ■ CL Families of Alzheimer's Support Group 7:15 ■ SR History of Musical Theatre with Merle	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Chess Club 🌿 12:00 ■ LB Wednesday Outing: Landmark Movie Theatre ★ 1:30 ■ TH Jewelry Class with Lyn 1:30 ■ CL Canasta 2:30 ■ TH Jewelry Class with Lyn 3:00 ■ GR Book Club 🌿 3:30 ■ SR Current Events with Margot 7:15 ■ SR Movie Club with Merle 7:30 ■ BP Bingo	10:00 ■ TH Balance and Mobility 🌿 11:00 ■ CL God, Life & Afterlife with Rabbi Avivah 11:00 ■ SR Acting Fundamentals 🌿 1:30 ■ SR Afternoon Documentary 1:30 ■ TH Yiddish Conversation Group 🌿 3:00 ■ GR Happy Hour with Francesca Sola ★ 4:00 ■ SR Acting Fundamentals 🌿 4:00 ■ TH Chair Yoga Class 🌿 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Card Games 11:00 ■ CL Mental Fitness 🌿 1:30 ■ SR Afternoon Documentary 1:30 ■ GR Rummikub 4:00 ■ CL Shabbat with Carl Jacobs 7:15 ■ SR At the Movies	9:15 ■ LB Local Errands 10:30 ■ SR Sit & Be Fit 🌿 11:00 ■ PL Water Aerobics 🌿 1:00 ■ LB Trader Joe's/CVS/Rite Aid 1:30 ■ GR Card Games 2:15 ■ LB Whole Foods 2:30 ■ SR Opera Club Screening 7:15 ■ SR At the Movies
11	12	13	14	15	16	17
9:30 ■ LB Ralps/ Target Shopping 10:30 ■ SR At the Movies 11:00 ■ CL Jewish Discussion Brunch 🌿 1:30 ■ GR Trivia with Fritz 🌿 2:00 ■ LB TBD Shopping 2:30 ■ TH Bingo 2:30 ■ GR Happy Hour with Matthew Stone ★ 7:15 ■ SR At the Movies	Columbus Day 10:00 ■ TH Boot Camp 🌿 1:30 ■ TH Ceramics Class 🌿 2:00 ■ PP Garden Club 3:00 ■ TH Monday Meditation 🌿 4:00 ■ SR Geography, Topography & Public Policy w/ Margot 7:15 ■ SR At the Movies 7:30 ■ TH Bingo	10:00 ■ TH Balance and Mobility 🌿 10:30 ■ CR Hearing Aid Cleaning Service by Sharp Hearing 1:30 ■ SR Resident Council Meeting ★ 3:00 ■ SR Activity Planning Meeting ★ 3:00 ■ CR Resident Bereavement Support Group 4:00 ■ CL Jeopardy 🌿 4:00 ■ TH Painting with Blake 🌿 4:30 ■ SR TV Series Viewing 7:00 ■ CL Families of Alzheimer's Support Group 7:15 ■ SR History of Musical Theatre with Merle	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Chess Club 🌿 12:00 ■ LB Wednesday Outing: Restaurant Food Outing ★ 1:30 ■ TH Jewelry Class with Lyn 1:30 ■ CL Canasta 2:30 ■ TH Jewelry Class with Lyn 3:30 ■ SR Current Events with Margot 7:15 ■ SR Movie Club with Merle 7:30 ■ BP Bingo	10:00 ■ TH Balance and Mobility 🌿 11:00 ■ CL God, Life & Afterlife with Rabbi Avivah 11:00 ■ SR Acting Fundamentals 🌿 1:30 ■ TH Yiddish Conversation Group 🌿 1:30 ■ SR Afternoon Documentary 3:00 ■ GR Happy Hour with Dan Olivio ★ 4:00 ■ TH Chair Yoga Class 🌿 4:00 ■ SR Acting Fundamentals 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Card Games 11:00 ■ CL Mental Fitness 🌿 1:30 ■ SR Afternoon Documentary 1:30 ■ GR Rummikub 4:00 ■ CL Shabbat with Rabbi Janet 7:15 ■ SR At the Movies	9:15 ■ LB Local Errands 10:30 ■ SR Song Appreciation 🌿 11:00 ■ PL Water Aerobics 🌿 1:00 ■ TH Silk Scarf 🌿 1:00 ■ LB Trader Joe's/CVS/Rite Aid 1:30 ■ SR Sit & Be Fit 🌿 1:30 ■ GR Card Games 2:15 ■ LB Whole Foods 2:30 ■ SR Afternoon Movie 7:15 ■ SR At the Movies
18	19	20	21	22	23	24
9:30 ■ LB Ralps/ Target Shopping 10:30 ■ SR At the Movies 11:00 ■ CL Jewish Discussion Brunch 🌿 1:30 ■ GR Trivia with Fritz 🌿 2:00 ■ LB TBD Shopping 2:30 ■ GR Happy Hour with Kevin Laurence ★ 2:30 ■ TH Bingo 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 1:30 ■ SR Afternoon Documentary 1:30 ■ TH Glass Art 🌿 2:00 ■ PP Garden Club 3:00 ■ TH Monday Meditation 🌿 4:00 ■ SR Geography, Topography & Public Policy w/ Margot 7:15 ■ SR At the Movies 7:30 ■ TH Bingo	10:00 ■ TH Balance and Mobility 🌿 1:30 ■ CR Drum Circle with Brad 🌿 1:30 ■ SR Adventures with Doug 4:00 ■ CL Jeopardy 🌿 4:00 ■ TH Painting with Blake 🌿 4:30 ■ SR TV Series Viewing 7:00 ■ CL Families of Alzheimer's Support Group 7:15 ■ SR History of Musical Theatre with Merle	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Chess Club 🌿 12:00 ■ LB Wednesday Outing: Picnic Lunch Outing ★ 1:30 ■ CL Canasta 1:30 ■ SR John Sandbrook Lecture: History of Beverly Hills ★ 3:30 ■ SR Current Events with Margot 7:15 ■ SR Movie Club with Merle 7:30 ■ BP Bingo	10:00 ■ TH Balance and Mobility 🌿 11:00 ■ SR Acting Fundamentals 🌿 1:30 ■ TH Yiddish Conversation Group 🌿 1:30 ■ SR Afternoon Documentary 3:00 ■ GR Happy Hour with Michael Quest ★ 4:00 ■ TH Chair Yoga Class 🌿 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 11:00 ■ CL Mental Fitness 🌿 11:00 ■ GR Card Games 1:30 ■ SR Afternoon Documentary 1:30 ■ GR Rummikub 4:00 ■ CL Shabbat with Carl Jacobs 7:15 ■ SR At the Movies	9:15 ■ LB Local Errands 10:30 ■ SR Sit & Be Fit 🌿 11:00 ■ PL Water Aerobics 🌿 1:00 ■ LB Trader Joe's/CVS/Rite Aid 1:30 ■ GR Card Games 2:15 ■ LB Whole Foods 2:30 ■ SR Opera Club Screening 7:15 ■ SR At the Movies
25	26	27	28	29	30	31
9:30 ■ LB Ralps/ Target Shopping 10:30 ■ SR At the Movies 11:00 ■ CL Jewish Discussion Brunch 🌿 1:30 ■ GR Trivia with Fritz 🌿 2:00 ■ LB TBD Shopping 2:30 ■ TH Bingo 2:30 ■ GR Happy Hour with Danny Jacobson ★ 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 1:30 ■ TH Painting with Dela 2:00 ■ SR Dr. Hamermesh Physics Lecture 🌿 2:00 ■ PP Garden Club 3:00 ■ SR Podcast Discussion 🌿 3:00 ■ TH Monday Meditation 🌿 4:00 ■ SR Geography, Topography & Public Policy w/ Margot 7:15 ■ SR At the Movies 7:30 ■ TH Bingo	10:00 ■ TH Balance and Mobility 🌿 11:00 ■ GR Singing with Francesca Sola 12:00 ■ BP Chef's Chat ★ 3:00 ■ CR Resident Bereavement Support Group 4:00 ■ TH Painting with Blake 🌿 4:00 ■ CL Jeopardy 🌿 4:30 ■ SR TV Series Viewing 7:00 ■ CL Families of Alzheimer's Support Group 7:15 ■ SR History of Musical Theatre with Merle	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Chess Club 🌿 12:00 ■ LB Wednesday Outing: IMAX Theatre ★ 1:30 ■ CL Canasta 3:30 ■ SR Current Events with Margot 7:15 ■ SR Movie Club with Merle 7:30 ■ BP Bingo	10:00 ■ TH Balance and Mobility 🌿 12:00 ■ JK Birthday Luncheon ★ 1:30 ■ SR Afternoon Documentary 1:30 ■ TH Yiddish Conversation Group 🌿 3:00 ■ GR Happy Hour with Marvin Robinson ★ 4:00 ■ TH Chair Yoga Class 🌿 7:15 ■ SR At the Movies	10:00 ■ TH Boot Camp 🌿 11:00 ■ GR Card Games 11:00 ■ CL Mental Fitness 🌿 1:30 ■ GR Rummikub 1:30 ■ SR Afternoon Documentary 4:00 ■ CL Shabbat with Rabbi Janet 7:15 ■ SR At the Movies	9:15 ■ LB Local Errands 10:30 ■ SR Sit & Be Fit 🌿 11:00 ■ PL Water Aerobics 🌿 1:00 ■ LB Trader Joe's/CVS/Rite Aid 1:30 ■ GR Card Games 2:15 ■ LB Whole Foods 7:15 ■ SR At the Movies



Resident Services

Maintenance Services

Please see the receptionist or concierge for a work order.

Concierge Services

For assistance with local reservations and transportation, please see the concierge.

Salon

Located on the 2nd floor. We are a full-service salon and look forward to servicing all of your needs. (310) 234-3039

Marketplace

Toiletries, snacks, etc., for purchase. Please see the receptionist.

Dry Cleaning

Please see the receptionist to arrange for pickup and delivery from an outside vendor.

Podiatrist

Available monthly. The next service date is in August. Please see the concierge to arrange an appointment.

PT/OT/Speech Therapy

Available in the CFLE (gym) on the first floor. Please see a RehabCare therapist for an appointment.

Circle of Friends October Outings

Oct. 6: Check out the 50 for 50 special exhibit at LACMA. Departs at 1:15 p.m.

Oct. 13: Off to the Pumpkin patch! Departs at 1:30 p.m.

Oct. 20: Out to the Movies. TBA.

Oct. 27: Enjoy Dinner at BJ's in the Westwood Village. Departs at 4:30 p.m.

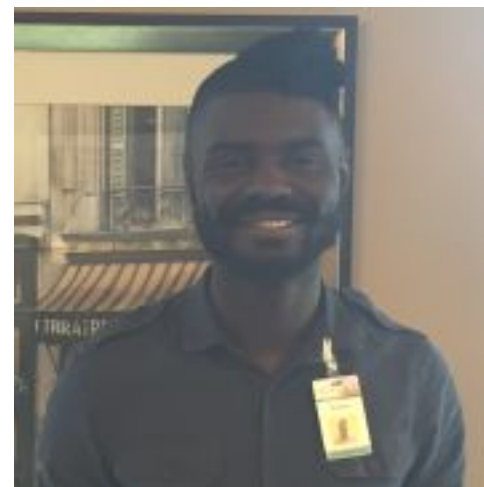
Neighborhood News

This month we are excited to introduce a new Activity Assistant for the Neighborhood! Chris is a hardworking UCLA student studying political science. When Chris isn't hitting the books, he enjoys making people laugh by doing on-stage improv comedy. Make sure you get to meet Chris and say "hi" when you see him around Belmont!



Circle of Friends

The Circle of Friends is welcoming its newest member, Joshua. Joshua is an Activity Assistant who is very excited about his new role! He comes all the way from Wisconsin and has worked alongside children with various development concerns. Joshua is excited to get into something different where he can apply aspects of the skills set he has learned over the years.



Transportation Reminder

General Information

In continuing our best ability to make sure that our transportation schedule is accurate and as accommodating as possible for residents and drivers, we are reminding everyone to schedule appointments *at least 48 hours prior* to the date needed. This is just a friendly reminder of our transportation guidelines and nothing is changing. We are fortunate to have such great drivers like Jim, Shawn and Fermin who do their absolute best in accommodating all scheduled appointments for residents. We want to make sure that we are helping them maintain a good transportation schedule for the ease of our residents and staff. As always, if an appointment does need to happen at the last minute (less than 48 hours), we will try to accommodate you if we have driver availability. If there is not a driver available, we will help arrange alternative transportation (taxi or Access, etc.) but this will be at the cost of the resident. As always, thank you all for being the best residents we could ask for!



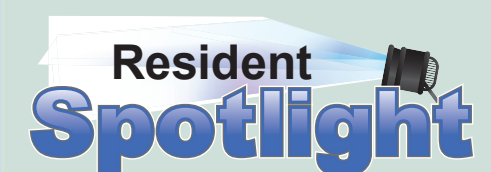
Let's Table Alzheimer's!

Thank you to everyone for all your support toward Belmont Village's fundraiser to help the efforts to cure Alzheimer's Disease, titled "Let's Table Alzheimer's." Both residents and families alike contributed to the raffle and this year's winner went to Anne Sweeney! Thank you, Anne, and thank you to all the residents who participated in any way or amount. The more awareness that we create and the more efforts that we take will all help in contributing to a cure and help countless individuals with this disease. Thank you all for your help!



IMAX Outing

"Humpback Whales," an IMAX movie special, is scheduled to be on Oct. 28. Sign up with the concierge!



Marilyn grew up in Detroit, Michigan, with her parents and sister. Her father was a tailor and she soon learned how to sew under his instruction and guidance. At one point, she made a patchwork quilt by hand because she did not have a sewing machine. It took her quite some time, but she appreciated her efforts. At 18, she moved to Los Angeles and lived in Sherman Oaks for 57 years. At one point, she was the bookkeeper for her husband's doctor's office. Marilyn really loves movies, especially the classics, and football. She watches Tom Brady and the New England Patriots every chance she gets. Marilyn recently moved to Belmont Village, and her honest and enjoyable personality make her an addition!

Village Scene



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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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