



Belmont Village of Glenview Village NEWS

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

April 2016

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Welcome Spring!

I am happy to announce the winners of our annual Employee Awards for 2015.

And the winners are....

Customer First Award

Carol Livery, Concierge

Extra Mile Award

Betty Devereaux, Nurse

Team Player Award

Andrea Guyton, Enrichment
Leader

Employee of the Year Award

Johnny Robinson, PAL

Congratulations to all of our winners! Every year it is hard to narrow down the nominees from among our great staff. I know how fortunate we are to have such a dedicated and caring staff. There is no question that our employees are one of the key reasons for our success here at Belmont Village.

It is also my great pleasure to announce another award winner within our community. For the second year in a row, one of our administrative team members is the winner of the Sets New Standards Award. Aleksandra Staszalek is our winner for her excellence in our memory programs. Aleksandra has been with Belmont since 2003. Her commitment to our residents and memory programs is evident in all that she does. The winner of this award is chosen from among our

24 Belmont communities.

Aleksandra and the other winners spent a few days in Puerto Vallarta hosted by our company president and CEO, Patricia Will.

Congratulations, Aleks! This award is well deserved!

Currently we have 110 employees here in the community, and everyone is important to our success. Here are some of my favorite quotes relating to teamwork:

"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion." - Mia Hamm

Coming together is the beginning. Keeping together is progress.

Working together is success. -

Henry Ford

Individual commitment to a group effort—that is what makes a team work, a company work, a society work, and a civilization work. - Vince Lombardi.





Resident Birthdays

- 1 Carolyn Baker
- 9 Rudy Saliwanchik
- 11 Frances Schoonmaker
- 11 Marie Tierney
- 12 Ann Gerrish
- 12 Eleanor Huske
- 12 Dianne Robins
- 12 Michael Schuy
- 13 Ann Boll
- 15 Anna Maria Lomanto
- 17 Mary Ashby
- 17 Mary Jane Biskupic
- 19 Marvin Sopkin
- 27 Elvira Biancalana

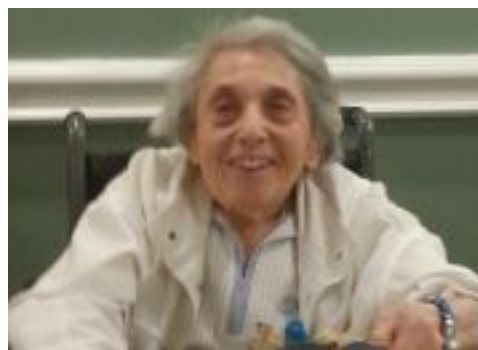
Employee Birthdays

- 1 Liza D., PAL Trainer
- 5 John S., PAL
- 11 Irma R., PAL
- 14 Jolanta G., PAL
- 14 Marilou T., PAL
- 26 Gladys D., Act. Assist
- 28 Stanislawa M., RN
- 29 Iwona S., PAL
- 30 Johnny R., PAL
- 30 Gerardo V., Dishwasher

Employee Anniversaries

- 14 Years Jessie L., PAL Tr.
- 14 Years Nenita S., PAL
- 11 Years Pam M., Concierge
- 6 Years Evette R., Server
- 5 Years Edgar L., PAL
- 5 Years Kusma P., Dishwash
- 4 Years Leo J., PAL
- 3 Years Florencio D., PAL
- 3 Years Arvin B., PAL
- 2 Years Alejandro V., Serv
- 2 Years Raissa V., Server
- 1 Year Von Bryan D., PAL
- 1 Year Connie V., Driver

Circle of Friends



Neighborhood Unit



Employee of the Month

Evette Richards

PAL, February 2016

Evette has been a dedicated employee since day one at Belmont Village. Since that time, she has proven herself to be a team player. Whether it be as a PAL or in the kitchen, Evette is always there to provide a helping hand. She is always ready with a smile. We would be lost without her!





New This Month!
Men's Club Outings and
Speakers

In addition to the monthly men's club activities in the library, Belmont Village is going to be introducing monthly outings where only the men are invited. (Sorry, ladies!) Outings each month will vary, but join us for a meal, presentation or other outing. This month's outings will be to the Northshore Senior Center and will be free of charge. Space is limited, so please sign up for each outing at least one week beforehand.



Tuesday, April 19, at 9:45am
Autograph Project – Top Military
Men

The year was 1944, and 12 year old Dez La Place decided that he wanted to write letters to the top military men of the time and request their autographs. Dez would continue sending letters for another six years and was surprised by the number of responses he received (over 1000!), many of whom were top military leaders of WWII.

Please sign up for this outing with the Concierge by April 12.

Tuesday, April 26, at 9:45am
Displaced Jews after WWII and
How They Managed in Germany

Annette Isaacs discusses how over 200,000 Jewish refugees and Holocaust survivors struggled to find asylum in Germany after WWII. She also details how they made a new life for themselves and for future generations.

Please sign up for this outing with the Concierge by April 19.

Also new this month...

Monthly Men's Club activities will have a speaker or roundtable-like discussion. This month's Men's Club will be meeting on Friday, April 22, at 2:00pm in the Library. There, you will be given the opportunity to meet Steve Darnall, host of WDCB's *Those Were the Days*, as he talks about the golden age of radio.



Beginners Genealogy

Ever wonder more about your family tree? With the help of Kimberly Schlarman, Genealogy Specialist at Glenview Public Library, you can find the answer to this question, and many more!

Class will take place at the Glenview Public Library on Friday, April 22, from 2:00 to 3:30pm. The class will be free.

Please sign up with the Concierge by April 15.

April Outings

- 4 Shop Walmart
- 4 Movie Outing
- 6 Skokie Theatre
Charles Troy Presents...
- 11 Shop Mariano's
- 15 Movie Outing
- 18 Shop Walmart
- 19 Men's Club Outing
Northshore Senior Center
- 22 Beginners Genealogy
Glenview Public Library
- 25 Shop Mariano's
- 26 Men's Club Outing
Northshore Senior Center
- 27 Lunch Outing
Red Lobster

For our shopping trips, we begin boarding the bus at 10:30 a.m. Scenic drives are on Thursday and Saturday for the Neighborhood and Sunday for Circle of Friends and AL residents.

Please refer to your daily announcements for the exact times of each outing. Sign up with the concierge in advance.

Outings with walking may require a private PAL.

April Entertainers

- 5 Burton Fischman
- 6 Randy Walker
- 10 Skokie Concert Choir
- 13 Larry Levin
- 19 Bill Helmuth
- 20 Bob Kalal
- 27 Edizon Dayao

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					April Fools' Day 1	2
					9:45 TH Sit & Be Fit 10:15 TH Art Class (Drawing) ♣ 2:30 GR Brain Training ♣ 4:00 L Shabbat Service 7:00 GR Trivia	10:00 TH Body For Life 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:30 P Dominoes with Emily
Baseball Season Begins 3	4	5	6	7	8	9
9:45 L Family Bible Hour 1:30 TH Bingo 3:30 P Hand and Foot 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Balance Class ♣ 10:45 O Shopping ● 10:45 L Meditation Moment ♣ 1:00 TH Pottery ♣ 1:00 O Movie Outing ● 3:30 GR Brainstorm ♣ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Yoga ♣ 2:00 TH Burton Fischman ★ 2:00 B Bridge 3:30 P Dominoes 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Boot Camp ♣ 10:45 L "In the News" ♣ 12:30 O Charles Troy Presents ... "The Creation of Camelot" ● 1:00 TH Parkinson's Exercise Class ♣ 1:45 GR Brain Boost ♣ 2:30 GR Wine & Cheese with Randy Walker ★ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Total Core & Body ♣ 10:45 L Book Club ♣ 1:00 TH Memoir Writing ♣ 2:00 P Bridge 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 4:00 L Shabbat Service 7:00 GR Trivia	10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:30 P Dominoes with Emily 7:00 TH Movie & Popcorn
Hockey Season Ends 10	11	12	13	14	15	16
9:45 L Family Bible Hour 1:30 TH Bingo 3:00 GR Skokie Concert Choir ★ 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Balance Class ♣ 10:45 L Meditation Moment ♣ 10:45 O Shopping ● 1:00 TH Pottery ♣ 3:30 GR Brainstorm ♣ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Yoga ♣ 2:00 B Bridge 2:00 B Botanic Garden "Nature Suncatcher Wind Chimes" 3:30 P Dominoes 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Boot Camp ♣ 10:45 L "In the News" ♣ 1:00 TH Parkinson's Exercise Class ♣ 1:45 GR Crossword Club ♣ 2:30 GR Wine & Cheese with Larry Levin ★ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Total Core & Body ♣ 10:45 L Book Club ♣ 2:00 P Bridge 6:30 L St. Isaac's Prayer & Communion 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Art Class (Drawing) ♣ 1:00 O Movie Outing ● 2:45 TH Drumming Circle ♣ 4:00 L Shabbat Service 7:00 GR Trivia	10:00 TH Body For Life 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:30 P Dominoes with Emily 7:00 TH Movie & Popcorn
17	18	19	20	21	Passover Begins / Earth Day 22	23
9:45 L Family Bible Hour 1:30 TH Bingo 3:30 P Hand and Foot 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Balance Class ♣ 10:45 O Shopping ● 10:45 L Meditation Moment ♣ 1:00 TH Pottery ♣ 3:30 GR Brainstorm ♣ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 9:45 O Men's Club Outing - "Autograph Project: Top Military Men" ● 10:15 TH Yoga ♣ 1:00 TH Dancing with Louie ♣ 2:00 B Bridge 2:00 TH Bill Helmuth Travels ♣ 3:30 P Dominoes 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Boot Camp ♣ 10:45 L "In the News" ♣ 1:00 TH Parkinson's Exercise Class ♣ 1:45 GR Brain Boost ♣ 2:30 GR Wine & Cheese with Bob Kalal ★ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Total Core & Body ♣ 10:45 L Book Club ♣ 1:00 TH Memoir Writing ♣ 2:00 P Bridge 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Tai Chi ♣ 2:00 L Men's Club - "Beginner's Guide to the Golden Age of Radio" 2:00 O Beginners Genealogy ● 2:30 GR Brain Training ♣ 3:30 B Shabbat/Passover Mini-Service and Seder 7:00 GR Trivia	10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:30 P Dominoes with Emily 7:00 TH Movie & Popcorn
24	25	26	27	28	29	Passover Ends 30
9:45 L Family Bible Hour 1:30 TH Bingo 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Balance Class ♣ 10:45 O Shopping ● 10:45 L Meditation Moment ♣ 1:00 TH Pottery ♣ 3:30 GR Brainstorm ♣ 7:00 TH Movie & Popcorn	9:45 O Men's Club Outing - "Displaced Jews after WWII" ● 9:45 TH Sit & Be Fit 10:15 TH Therapy In-Service ♣ 2:00 TH Resident Council ♣ 2:00 B Bridge 3:15 L Ladies' Cocktails ♥ 3:30 P Dominoes 7:00 GR Trivia	9:45 TH Sit & Be Fit 10:15 TH Boot Camp ♣ 10:45 L "In the News" ♣ 11:00 O Lunch Outing ● 1:00 TH Parkinson's Exercise Class ♣ 1:45 GR Crossword Club ♣ 2:30 GR Wine & Cheese with Edizon Dayao ★ 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 10:15 TH Total Core & Body ♣ 10:45 L Book Club ♣ 2:00 P Bridge 6:30 L St. Isaac's Prayer & Communion 7:00 TH Movie & Popcorn	9:45 TH Sit & Be Fit 12:00 JK Resident Birthday Lunch ♥ 2:30 GR Brain Training ♣ 4:00 L Shabbat Service 7:00 GR Trivia	10:00 TH Body For Life 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:30 P Dominoes with Emily 7:00 TH Movie & Popcorn



Spiritual Corner

Family Bible Hour

Sundays at 9:45 a.m.
in the Library

St. Isaac Jogues

Thursday, Apr. 14 (Prayer and
Communion Service) and
Thursday, Apr. 28 (Prayer and
Communion) at 6:30 p.m., in
the Library.

Shabbat Service

Fridays at 4 p.m., in the Library,
with Paula Drues

Shabbat/Passover Mini-Service & Seder

Friday, Apr. 22, at 3:30 p.m., in
the Bistro

*Please RSVP to the Concierge by
April 13*

Communion Weekly After Wine and Cheese (by request)

Transportation to religious
services is available on the
weekends or by request during
the week. Private PALs may be
needed for services; contact the
Front Desk.

Resident Council

All residents are encouraged to
attend the Belmont Village
Resident Council Meeting in the
Town Hall.

Tuesday, April 26, at 2 p.m.



Parkinson's Exercise Class

*We're Sharing the Health with a
FREE, ongoing Exercise Class:*

Class meets at 1 p.m.

Every Wednesday

**Belmont Village Assisted Living
2200 Golf Rd.**

Glenview, IL 60025

Recent research has shown that
exercise can have a positive effect
on Parkinson's disease. Learn
more about the overall benefits of
physical activity as you participate
in Belmont Village's
complimentary class.

Welcome New Residents

*If you see a new face,
Don't be shy,
Wave your hand
and give a big hi!*

Please welcome our newest
residents:

Florence F.

Jack F.

Eleanor H.

Harleen Z.

Invite them to sit with you at a
meal, join you for an activity, or
just sit down and chat!





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 rises so does the risk of falling.

Scientists have linked a number of personal risk factors to falling. These risk factors include:

- 1) Muscle weakness, especially in legs.
- 2) Balance and gait issues.
- 3) Dropping blood pressure when getting up from lying down or sitting.
- 4) Slowed reflexes due to aging.
- 5) Poor vision and sensory problems.
- 6) Confusion (both short and long term).

Medications can also increase the risk of falling by causing side effects like dizziness or confusion. The higher number of medications you take the greater the risk of falling.

Other non-medical factors leading to falls include: loose rugs, clutter on floor, carrying items that are either too heavy or too bulky, and lack of grab bars in the 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 your balance and walking and develop confidence in your abilities. In addition, Belmont Village residents have the convenience of The Center for Life Enhancement to exercise in, in addition to obtaining physical therapy and occupational therapy.

While almost any activity that keeps you moving can help improve your balance, *Prevention* magazine recommends the following strategies to promote better balance and, in turn, prevent falls:

- 1) Stand on one leg for up to thirty seconds while doing everyday tasks at home.
- 2) Take a Tai Chi class, like the one offered at Belmont Village.
- 3) If possible, walk heel-to-toe.

As with brain health, balance is something you will lose if you don't use it. Engaging in simple exercises like these and speaking with the physical therapy staff at Belmont Village are great ways to ensure that your balance remains steady.

As with most health-related advice, please pay attention to your body. If you feel any pain or are uncertain, please stop and discuss with the therapy staff or a nurse. Also, please feel free to join one of Belmont Village's exercise classes for strengthening. Classes meet every morning, Monday through Friday, starting at 9:45am, and are led by a member of the therapy team.



Therapy Tip of the Month

"Do as much for yourself as you can, and use assistance when needed."

Therapy In-Service Maximizing Independence in Daily Life

Tuesday, April 26, at 10:15am, in Town Hall.



"The Creation of Camelot"

Wed., Apr. 6, at 12:30pm

Lerner and Loew's last musical together, "Camelot" was a show that seemed almost doomed from the start. When both Lerner and director Moss Hart were hospitalized during the tryout period, the show almost didn't go on. Fortunately for us, it did, and it grew to become legendary.

Shabbat/Passover Mini-Service & Seder

Celebrate Passover with Paula Drues with a Seder. As Passover begins on the Sabbath, a short Shabbat service will also be provided prior to the start of the Seder. Family and friends are all invited to attend.

Please RSVP to the Concierge by April 13 to reserve your spot!

Village Scene



BELMONT *Village*
SENIOR LIVING
GLENVIEW

2200 Golf Road
Glenview, IL 60025

SC Lic. 52084
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