



Belmont Village at Cardiff by the Sea VillageNEWS



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

September 2015

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Sadie's Corner

Thank you to the residents who join in for the monthly resident council meeting. Like all meetings – it can be informative... and long! But I really appreciate the opportunity to hear feedback from each of you. I also appreciate the opportunity to share what's new and changing, here at Belmont Village.

First, for those of you living in independent living we are changing the way we order room trays. In the past we've encouraged each of you to call the front desk to place a room tray order. Now, we'd prefer that you pull your call light and place your order with a PAL. This is important because the PAL takes the order directly to the kitchen and then knows to return with your food when it is ready. Sometimes the front desk is just so busy! We don't want your meal to be lost in the shuffle so please pull your call light if you'd like to order room service. Thank you.

Second, in late October we expect to have some minor construction around Josephine's Kitchen and the Great Room. We plan to replace the carpet, furniture, and chairs from JK. This will not be an enormous project, but it will be a messy one! I'm letting you know in advance because we will be asking your

assistance (and patience) closer to the time of construction.

Third, we have a Lost and Found here at Belmont. And it has a few pairs of eye glasses, a few sweaters, and some costume jewelry. If you are missing an item – particularly if you are missing a single earring, please write the description of the missing item and leave it with the concierge. We will be happy to check our inventory and return the missing item to you.

The MoCA is a newer exam the Belmont Village is using for all residents moving into our community. It is a standardized cognitive assessment that assesses brain function and memory, and is used by hospitals, psychiatrists and now, by Belmont Village. It stands for the Montreal Cognitive Assessment and was recommended to us by our very own Dr. Samadi. It allows for better base line testing and can show improvement and decline, specific to different domains of the brain (critical thinking, sequencing, problem solving, etc). We are currently using the MoCA for our residents in the Circle of Friends program, and our Assisted Living program as well. If you'd like to see the exam (or get one to practice!) please see Melissa Lopez or Neisha Scales.



September Happy Hour

9/3 Sundance Band
9/10 Dynamic Duo
9/17 Gil Alcantar
9/24 MusicStation

Salon Hours

9 a.m.–4 p.m., Tuesday through Friday, Located on 3rd Floor.
Please schedule directly with the Salon. (760) 632-4667.

Monthly Support

“Support” resources are open to all—drop-in and free.

Optometry/Podiatry are by appointment only via our nurses (Wellness Center, 2nd Floor).

Hearing Aid Support

Second and Fourth Thursdays,
3 p.m., (CR, L2)

Podiatrist In-House

Third Thursday,
10 a.m. Assisted and Independent Living (CR, L2)
1:30 p.m. Neighborhood

Parkinson's Support

First Wednesday,
1 p.m. (TH)

Things to Remember

Doctor Drives

Tuesdays (North)
Thursdays (South)

*15-mile radius (each way)
*48-hour advance notice

Dry Cleaning

Pickup/Drop-Off:
8 a.m. Mondays and Thursdays

Church Runs

Sundays: 8:30 a.m.- 12 p.m.

September Outings

Wed., Sept. 2, at 1:00 p.m.:

Birch Aquarium

Explore where the wonders of the ocean come alive! The mission of Birch Aquarium is to provide ocean science education and to promote ocean conservation.



Wed., Sept. 9, at 11:30 a.m.:

Lunch at Ciccotti's Italian and Seafood Restaurant

Join us for spectacular views of the Pacific Ocean and even better food!

Wed., Sept. 16 at 4:30 p.m.:

Dinner with Robert

Back by popular demand! We will be heading back to Bentley's

Steakhouse in Encinitas.



Wed., Sept. 23, TBD:

Movie Outing

The movie will be selected closer to the date. Suggestions are always welcome!

Wed., Sept. 30, at 1:00 p.m.:

Bernardo Winery

We will be wine tasting at this beautiful winery. After tasting, we will enjoy a light snack.



Suzanna Circle of Friends PAL with Neisha S.

Employee of the Month

Way to go Suzanna! Suzanna has been a PAL at Belmont Village for three and a half years. She recently started working as the Circle of Friends PAL. Suzanna enjoys doing fun activities with the Circle of Friends residents. When Suzanna is not at work, she enjoys spending time with her two boys. She likes to take them to the beach, park, and to the movies. She also keeps herself busy by planning her upcoming wedding! Give Suzanna a round of applause for a job well done!



Did You Know?

Column by
Ginny M. and Sophie S.

This has been a busy time at Belmont Village- Cardiff with the arrival of many new residents who are fast becoming participants in our daily activities. Last month alone we had nine new residents join us in our monthly Welcome Social.

Judy and Al L. are two of the newcomers who have made the move to Belmont Village. They were both born and raised in Brooklyn. Judy attended Brooklyn College (as did several of our other residents) and Al attended New York University. Al served in the Army Signal Corps as a photographer during the Korean War, and residents will see examples of his photographs as time goes on! Judy taught elementary school for 12 years.

Judy and Al met, fell in love, and married in 1955. They just recently celebrated their 60th wedding anniversary! Al and his brother relocated their import business to California in 1971. Judy and Al have three children, six beautiful grandchildren, and one great-grandchild (Al will gladly show you pictures).

Prior to coming to Belmont in June, Judy and Al lived in La Jolla for 44 years (where they still own a home). They were both actively engaged in gardening and were

particularly proud of their hanging and potted succulents, which they planted on their walkway and patio. After moving to Belmont they decided they wanted their plants to be here with them at Belmont. They arranged to have their garden transported. You will all be able to see their wonderful succulents around the Belmont Village grounds soon! Thank you both for your wonderful contribution to our landscaping! May you continue to enjoy them as you did before!

To all of our new residents, a hearty welcome to you and to all the residents who have been here for awhile, stop by and say hello to a new face! We would like to take a moment and say a special thanks to Al and Judy for sharing their story with us.

Make sure to come to the Welcome Social each month (2nd Tuesday at 3:15 p.m. in the Town Hall) to welcome all the new residents!



Al and Judy L. all dressed up and ready for Belmont Village Cardiff's annual luau.



Don S. and Kathleen goofing around at the Padres game.



Mildred P. and **Marion Y.** enjoying the fresh air during the Circle of Friends picnic.



Martha L. and the beautiful lei she made!



Maria R. and **Lea D.** at the Spirit of '45 Memorial at Mt. Soledad.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 10:30 CF Computer Tutor 1:15 TH BINGO 3:15 TH Activity Planning/ MBA Meeting 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:30 TH Cultural Studies 1:00 Outing: Birch Aquarium at Scripps 2:00 GR Scrabble 3:15 GR Sing-a-long with Randi 7:00 SR Evening Movie	Southbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 1:15 TF Bridge 3:00 B Happy Hour: Dynamic Duo 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 NH Touring the Neighborhood with Neisha 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 4:00 SR Armchair Astronomy: Total Lunar Eclipse 4:30 TH Shabbat Blessing 7:00 SR Evening Movie	9:00 Walking Club 10:30 Scenic Ride 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping 2:30 GR Giant Crossword 3:00 GR Sheldon at the Piano 4:00 Communion Room Visits 7:00 SR Evening Movie
6	Labor Day 7	8	9	10	11	12
8:30 Church Runs 9:30 TH Trivia 11:00 TH Nondenominational Bible Study 1:00 SR Daily Movie 1:30 Scenic Ride 3:00 GR Renata at the Piano 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:30 P Aqua Aerobics 1:30 TH Laughing with Robert 3:15 TH Stone Age Doctor: Vitamins- The ABCs 7:00 SR Evening Movie	Northbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 10:30 CF Computer Tutor 1:15 TH BINGO 3:15 TH Welcome Social: Meet the New Residents 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 11:30 Lunch Outing: Ciccioiti's Italian Restaurant 2:00 GR Scrabble 3:00 Outing: Beach Walk 3:15 GR Sing-a-long with Randi 7:00 SR Evening Movie	Southbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 1:15 TF Bridge 3:00 B Happy Hour: Dynamic Duo 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 NH Touring the Neighborhood with Neisha 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 3:15 TH Nancy's Taste & Learn 4:30 TH Shabbat Blessing 7:00 SR Evening Movie	9:00 Walking Club 10:30 Scenic Ride 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping 2:30 GR Giant Crossword 3:00 GR Ron at the Piano 4:00 Communion Room Visits 7:00 SR Evening Movie
13	14	15	16	17	18	19
8:30 Church Runs 9:30 TH Trivia 11:00 TH Nondenominational Bible Study 1:00 SR Daily Movie 1:30 Scenic Ride 3:00 GR Rosemarie at the Piano 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:15 SR Music Appreciation 10:30 P Aqua Aerobics 1:30 TH Bowling 3:15 TH History Remembered: The War that Saved Civilization: WWII 4:00 GR Music with Doron for Rash Hashanah 7:00 SR Evening Movie	Southbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 10:30 CF Computer Tutor 1:15 TH BINGO 3:00 SR Osher Presentation w/Discussion Led by Robert 6:30 GR Evening Entertainment with Carolyn Jaynes 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:30 TH Cultural Studies 2:00 GR Scrabble 2:00 SR Resident Council 3:15 SR Music Talk w/ Jeff 3:15 GR Sing-a-long with Randi 4:30 Dinner with Robert 7:00 SR Evening Movie	Southbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 1:15 TF Bridge 3:00 B Happy Hour: Gil Alcantar 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:30 P Aqua Aerobics 1:30 TH Get Movin': Dancing for All Ages 2:00 GR Helen Woodward Animal Visits 3:15 JK Chat with the Chef 4:30 TH Shabbat Blessing 7:00 SR Evening Movie	9:00 Walking Club 10:30 Scenic Ride 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping 2:30 GR Giant Crossword 3:15 TH The History Lady 4:00 Communion Room Visits 7:00 SR Evening Movie
20	21	22	23	24	25	26
8:30 Church Runs 9:30 TH Trivia 11:00 TH Nondenominational Bible Study 1:00 SR Daily Movie 1:30 TH Ceramics Class 2:00 Scenic Ride 3:00 GR Robert at the Piano 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:15 SR Music Appreciation 10:30 P Aqua Aerobics 1:30 TH Bowling 3:15 TH Art for All Ages: Beginners Welcome 7:00 SR Evening Movie	Northbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 10:30 CF Computer Tutor 1:15 TH BINGO 3:30 TH Traveling Game Show 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:15 TH Rehab Care- What's It All About?: Alzheimer's 1:00 TBD MOVIE OUTING 2:00 GR Scrabble 3:15 GR Sing-a-long with Randi 7:00 SR Evening Movie	Southbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 1:15 TF Bridge 3:00 B Happy Hour: MusicStation 4:30 JK Marine's Visit for Dinner 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:30 P Aqua Aerobics 11:15 JK Birthday Lunch 1:30 TH Get Movin': Dancing for All Ages 3:15 TH Nancy's Taste & Learn 4:30 TH Shabbat Blessing 7:00 SR Evening Movie	9:00 Walking Club 10:30 Scenic Ride 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 2:30 Shopping 3:00 GR Vincent at the Piano 4:00 Communion Room Visits 7:00 SR Evening Movie
27	28	29	30			
8:30 Church Runs 9:30 TH Trivia 11:00 TH Nondenominational Bible Study 1:00 SR Daily Movie 1:30 TH Jewelry Class 3:00 Scenic Ride 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 10:15 SR Music Appreciation 10:30 P Aqua Aerobics 1:30 TH Current Events with Therese 3:15 B Coffee Klatch with Sadie 7:00 SR Evening Movie	Northbound Doctor Drives 9:00 TH Stand and Be Fit 9:45 TH Sit and Be Fit 10:15 TH Everybody Balance 10:30 CF Computer Tutor 1:15 TH BINGO 3:00 C Book Club Chat 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 9:30 Shopping 9:45 TH Sit and Be Fit 1:00 Outing: Wine Tasting at the Bernardo Winery 2:00 GR Scrabble 3:15 GR Sing-a-long with Randi 6:30 GR Peter Seltser Performs 7:00 SR Evening Movie			



September Celebrations



Resident Birthdays

2nd	Hal B.
2nd	Latif D.
5th	Carolyn G.
8th	Jim M.
9th	Leigh C.
14th	Betty M.
16th	Harven H.
18th	Betsy R.
19th	Maxine B.
20th	Ann M.
25th	Doris P.

Employee Birthdays

2nd	Jessica M.
3rd	Tywila R.
4th	Gina H., Yolanda R.
6th	Nancy B.
10th	Sherry A.
18th	Maria C.
20th	David R.
21st	Whittney W.
22nd	Corinna B., Paula L.
25th	Neisha S.
29th	Jasia V.

Employee Anniversaries

6 yrs.	William J.
4 yrs.	Jessica M.
3 yrs.	Nancy P.
1 yr.	Armando C.



The Travelin' Game Show

The Travelin' Game Show has adapted familiar games from TV to bring nostalgia and history for the mind and spirit. We'll play games similar to Wheel of Fortune, Family Feud, Card Sharks, Jeopardy, and more!

When: Tuesday, Sept. 22

Time: 3:30 p.m.

Where: Town Hall

Don't forget you can win prizes!!

Nurse's Note

It's that time of year again; flu season is around the corner. The timing of flu is very unpredictable and can vary from season to season. Most seasonal flu activity typically occurs between October and May. In the United States, the flu most commonly peaks between December and January. The CDC recommends a yearly flu vaccine for everyone 6 months of age or older. It is the first and most important step in protecting against this serious disease. People should begin getting vaccinated ideally by October, to ensure that as many people as possible are protected before flu season begins. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. In addition to getting the vaccine, you can take everyday preventative actions like staying away from sick

people and washing your hands to reduce the spread of germs. If you are sick with the flu, stay home to prevent spreading the flu to others.

If you do get sick with the flu, antiviral drugs which are prescription drugs can be used to treat flu illness. Prompt treatment with antiviral drugs can prevent serious flu complications; it can mean the difference between having a milder illness versus very serious illness that could result in a hospital stay. Treatment with antivirals work best when begun within 48 hours of getting sick, but can still be beneficial when given later in the course of illness.





Neighborhood News

Walk to End Alzheimer's

It is almost that exciting time of year again! As a community, we get to come together to support and bring awareness to Alzheimer's disease. When donating to this cause, you are making it possible for researchers to continue their amazing work in finding a cure for Alzheimer's. The donations also make it possible to continue to run all of the wonderful support programs that are available to our community.

As always, for the north county, the walk will be held at the Oceanside Pier on **Oct. 3, at 4 p.m.** If you would like to register for the walk and/or donate, please go to the following website and join our team 'Belmont Village Alz Stars': act.alz.org.

"Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death," (Alzheimer's Association).

We hope to see the Belmont Cardiff Community show their support!



Bill J. and his wife Elsie at the Coastal Communities Concert Band Summer Pops Concert.

Circle of Friends

San Diego Seal Tour:

We will be taking in the last of the summer sun this month by taking a trip to the San Diego Bay and hopping aboard the famous San Diego Seal Tour! The residents will be experiencing a 90-minute journey beginning on the streets of San Diego then diving into the waters of the San Diego Harbor. As always, family and friends are welcome to join!

Activity Assistant News

As you may know, Activity Assistant, Aaron was promoted to be the Memory Program's Coordinator for Belmont Village Hunter's Creek in Houston, Texas! We are so excited for him and wish him great success!

Replacing Aaron will be Jio D., who has worked for Belmont for two years now. Jio became interested in the activities for the neighborhood last year. He has trained and showed great initiative in bringing in creative ideas for the residents. Jio has a degree in Communications and is very passionate about what he does!



Caroline L. and her friend enjoying the fantastic music!

September Highlights

Fri., Sept. 4, at 4:00 p.m.:

Armchair Astronomy: Total Lunar Eclipse

This group of four total lunar eclipses, visible from most of the Americas, is 1 of 8 consecutive eclipse tetrads in the entire 21st century caused when the earth's shadow traced across the surface of the moon.



Mon., Sept. 7, at 3:15 p.m.:

Stone Age Doctor: Vitamin ABCs

Some vitamins are oversold, but many Americans, especially seniors, have serious but not obvious vitamin deficiencies. Learn how to find the best sources of these important nutrients.



The Village Scene



Gertrude S. on the flight deck on the USS Midway.



Barbara M. and **Judy L.** at the Welcome Social!



Don S. and **Luis M.** enjoying lunch out!



Go Padres!



Chef David and Don, Building Engineer, what a great luau!



Norma N. and **Gloria C.** having a delicious meal at Bistro West!



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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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