



Belmont Village of Glenview Village NEWS

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

January 2015

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Happy New Year to All of Our Residents and Families

"Time is an equal opportunity employer. Each human being has exactly the same number of hours and minutes in every day. Rich people can't buy more hours. Scientists can't invent new minutes. And you can't save time to spend it on another day. Even so, time is amazingly fair and forgiving. No matter how much time you've wasted in the past, you still have an entire tomorrow. - Denis Waitely

Wow! Another year has come to an end! I hope that everyone had a wonderful holiday and new year celebration and that everyone is ready for the promise of the upcoming year.

Our big news in December was the launch of our Belmont Boutique. This project was the inspiration of Caily Hoban, our activity coordinator and Aleksandra Staszalek, our memory program coordinator. The project began last January with the idea to create craft projects created by the residents to sell to benefit the Alzheimer's association. As the year progressed, the vision kept growing, and more projects were added. By the opening of the boutique, our residents had put together 1,400 items to sell - presented in a beautiful,

professional display.

Caily, Aleksandra and our residents did an outstanding job with this event. The opening of the boutique was very well attended by residents, family and visitors from the community. There was a great holiday feeling from everyone with many positive comments. At the time of this writing, we anticipate sales exceeding \$3,500. This was a great holiday celebration, and we will be ready to begin work for next year's boutique. All ideas for projects and help with projects are welcome!

On behalf of our staff, I would like to thank all of you who contributed to our holiday fund. A VISA gift card was presented to 100 nonmanagement employees in time for Christmas. Your gift and generosity are greatly appreciated.

Each year seems to pass ever more swiftly. The new year is a time for reflection, resolution and a fresh start on a brand new year. On behalf of our Belmont family, may 2015 be a year of health, happiness and peace for everyone.





JANUARY BIRTHDAYS & ANNIVERSARIES

Resident Birthdays

- 1 Tony Rafel
- 2 Elaine Joseph
- 3 Maryann Semer
- 4 Nancy Sea
- 5 Gerry Thomspen
- 7 Casey Anderson
- 9 Marcia Brotman
- 11 Beverly Battiste
- 11 Jenny Lind
- 12 Mary Lou Moore
- 13 Dorothy Geisser
- 20 Berta Cerny
- 23 Thomas Dolan
- 26 Marguerite Jen
- 26 Lola Mathews
- 27 Edie Schneider
- 30 Janet Krompart
- 31 Janice Provenza

Employee Birthdays

- 6 Jairo M., PAL
- 8 Sandy Wilson, Nurse
- 17 Nenita S., PAL
- 17 Agnes M., Nurse
- 24 Arnold D., PAL
- 31 Sheron H., PAL
- 31 Hideliza D., PAL

Employee Anniversaries

- 12 Years Gabi D. Nurse
- 10 Years Vilma Y., PAL
- 8 Years Marley A.,
Community Relation
- 7 Years Meduna F., PAL
- 6 Years Carol L., Concierge
- 3 Years Irma R., PAL

Circle of Friends



Our COF ladies worked hard all year on projects for the Belmont Boutique. (Fran, Rita, Sara)

Neighborhood



There is only one person to call on every year to fill Santa's boots and big red suit! Everyone's favorite Santa Claus, Tom W., reappeared at our Belmont Boutique. Taking pictures with residents, families and friends and making us laugh in the process. He is the only man for the job!

Employee of the Month

Pam Mytko

Concierge, November 2014

Pam has been with Belmont Village for over nine years! Pam has worked as a PAL and now exclusively as Concierge. Pam truly cares for our residents and their well-being. She goes above and beyond to make sure that nothing is overlooked. Pam was also a huge help with our Belmont Boutique set up and security! Pam is a joy to work with!





Chicago Styled at the Chicago History Museum

Exhibition Info: More than 20 ensembles, hand-picked by the Chicago History Museum, tell the story of the transformation of Michigan Avenue through the stories of the designers, retailers, civic leaders and taste makers who helped transform it.

Fashion Forward

From the 1920s onward, The Magnificent Mile® blossomed into an international fashion destination. Distinguished dress shops, such as Blum’s Vogue and Stanley Korshak, led to the construction of Water Tower Place and the John Hancock Center. The increasingly distinguished district attracted stand-alone designer boutiques, including Chanel, Gucci, and Gianni Versace, which then paved the way for Neiman Marcus, I. Magnin, Bloomingdale’s, and other high-end department stores.

The Magnificent Mile

Today, North Michigan Avenue is home to three shopping centers, more than 50 flagship stores and countless international designer and high-end labels. Each year, more than 20 million people visit what has become one of the world’s premier shopping districts.

Sign up at Concierge for the outing on 1/26/15. Outing will be charged to your room. \$16 plus the price of lunch at the Cafe.

Belmont Boutique Thank You

Thank you to all Resident, Staff, Family and Friends who helped make the Belmont Boutique possible. A special thank you to the following:

Ann Gerrish, Tom Welsh, Madelyn Rodgers, Yvonne Theobald, Sophie Shaker, Julia Witek, Helen Stieg, Maurine Dooley, Jane King, Lou Sunkel, Maryann Semer, Roberta Smith, Fran Acheson, Rita Albrecht, MaryElla Garner, Ed Joseph, Elaine Joseph, Jim Lusk, Edie Schneider, Sara Smith, Carol & Vince Livery, Sandy Wilson, Dave Lechowski, Pam Mytko, Chris Samaan, Marley Emma & Loli Amaya, Paul Wydra, Amelia Roeber, Teri Reusche, Hermi Gadia, Gladys Day, Heylim Ariza, Ernie Belencion, Becky Kapuscik, Jenene Paterno, Michele Helffrich, Oscar Gatbunto, Glory Hodges, Atanasio Cruz, Carol Luczak, Andrea Guyton, Wendy Lundgren, Pat Contreras & Susan Kriss, Karen Fine, Alexandra Page, Susan & Greg Costello, Susan Hartemayer, Gail Zerwic & Family, Betsy Brittsan, Lisa Klare, Laura, Emma & Susan Cinat, Sunkel Family, The Students from Maine East Lyceum Program & Mrs. Taylor

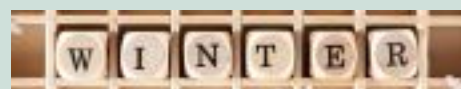


January Outings

- 2 Movie Outing
- 3 Shop Walgreens
- 5 Shop Jewel
- 7 Lunch Outing
- 10 Shop Walgreens
- 12 Shop Walmart
- 16 Movie Outing
- 17 Shop Walgreens
- 19 Shop Marianos
- 21 Lunch Outing
- 24 Shop Walgreens
- 26 Shop The \$ Store
- 26 Chicago Styled Tour & Lunch Outing
- 30 Movie Outing
- 31 Shop Walgreens

For our shopping trips, we begin boarding the bus at 10:30 a.m. Scenic drives are on 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.



January Entertainers & Presenters

- 7 Roxanne Anzelone
- 9 Gaby Rey “Judy Garland”
- 14 Mihai Vlad
- 20 Bill Helmuth
- 21 Voytek
- 24 Dancing Tour
- 25 Student Piano Recital
- 28 Babette Dean



WEEKLY & BI-WEEKLY EVENTS

MONDAY

Pottery
Glee Club

TUESDAY

In The News

WEDNESDAY

Wine and Cheese
Parkinson's Class

THURSDAY

Dancercise
Book Club

FRIDAY

Tai Chi
Art Class

SATURDAY

Chair Exercise

* MBA Club Program



Sunday



Monday



Tuesday

*Computer classes are available by appointment. Stop in the Center for Learning and see Caily for more information and availability.

Sunday	Monday	Tuesday
4	5	6
9:45 Family Bible Hour-L 1:30 "Golden Girls" Viewing-TH 2:00 Scenic Drive -CO *3:30 Manager's Choice -GR 7:00 Movie & Popcorn -TH	9:45 Sit and Be Fit-TH *10:15 Balance Class-TH *10:45 Meditation Moment-GR 10:45 Shop Jewel-O 1:00 Blackjack-TH *1:00 Pottery-TH *3:00 Glee Club Singalong-Gr 7:00 PAL Bingo	9:45 Sit & Be Fit-TH *10:20 "In the News"-L 1:00 Poker-TH *2:00 MBA Meeting-CFL *3:30 Craft Corner-CFL 7:00 Movie and Popcorn-TH
11	12	13
9:45 Family Bible Hour-L 1:30 "Golden Girls" Viewing-TH 2:00 Scenic Drive -CO *3:30 Manager's Choice -GR 7:00 Movie & Popcorn -TH	9:45 Sit and Be Fit-TH *10:15 Balance Class-TH *10:45 Meditation Moment-GR 10:45 Shop Walmart-O 1:00 Blackjack-TH *1:15 Art Appreciation-L *3:00 Yoga With Caily-TH 7:00 PAL Bingo	9:45 Sit & Be Fit-TH *10:20 "In the News"-L *1:00 Botanic Gardens-B 2:00 Poker-P *3:00 History of Religion-L 7:00 Movie and Popcorn-TH
18	19	20
9:45 Family Bible Hour-L 1:30 "Golden Girls" Viewing-TH 2:00 Scenic Drive -CO *3:30 Manager's Choice -GR 7:00 Movie & Popcorn -TH	Martin Luther King Jr. Day 9:45 Sit and Be Fit-TH *10:15 Balance Class-TH *10:45 Meditation Moment-GR 10:45 Shop Mariano's-O 1:00 Blackjack-TH *1:00 Pottery-TH *3:00 Glee Club Singalong-GR 7:00 PAL Bingo	9:45 Sit & Be Fit-TH *10:20 "In the News"-L 1:00 Poker-P 1:00 Dancing With Louie-TH *2:00 Bill Helmuth Travels-TH 3:15 Ladies' Cocktails-L 7:00 Movie and Popcorn-TH
25	26	27
9:45 Family Bible Hour-L 1:00 Student Piano Recital-GR 2:00 Scenic Drive -CO *3:30 Manager's Choice -GR 7:00 Movie & Popcorn -TH	9:45 Sit and Be Fit-TH *10:15 Balance Class-TH 10:30 Shop the Dollar Store-O 11:00 Chicago Styled Tour & History Museum Lunch-O 2:00 Blackjack-TH *3:30 Meditation Moment-L 7:00 PAL Bingo	9:45 Sit & Be Fit-TH *10:20 "In the News"-L 1:00 Poker-P *2:00 Resident Council-TH 3:00 Board Games-CFL 7:00 Movie and Popcorn-TH

CALENDAR KEY

- TH Town Hall
- GR Great Room
- B Bistro
- CFL Ctr for Learning
- O Outing
- L Library
- P Parlor
- JK Josephine's Kitchen

January 2015

Wednesday

Thursday

Friday

Saturday



All Designated MBA
Activities Are Underlined
in the Calendar

Wednesday	Thursday	Friday	Saturday
<p>New Year's Day 1</p> <p>9:00 Rose Bowl Parade Viewing (ABC)-B 10:00 Chair Exercise-TH 1:00 Blackjack-B 2:00 Come Share You New Year's Resolution-GR <u>3:30 Manager's Choice-GR</u> 4:00 Rose Bowl Viewing-B 7:00 BINGO-TH</p>	<p>2</p> <p>9:45 Enhanced Sit and Be Fit-TH <u>*10:30 Art Class-TH</u> 1:00 Movie Outing-O 1:00 Ceramic Painting-B 2:00 Poker-P <u>*3:00 Men's Club-L</u> 4:00 Shabbat-L 7:00 Movie & Popcorn-TH</p>	<p>3</p> <p>10:00 Body for Life-TH 10:45 Shop Walgreens-O 1:30 Bingo-TH 2:30 Golden Girls Viewing-TH <u>2:00 Interactive Bible Activity-L</u> <u>*3:30 Manager's Choice-GR</u> 7:00 Movie & Popcorn-TH</p>	
<p>7</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Body Yoga-TH</u> 11:00 Lunch Outing-O <u>*1:00 Parkinson's Exercise-TH</u> <u>*1:30 Crossword Club-GR</u> 2:30 Wine and Cheese With Roxanne Anzelone-GR 7:00 Movie and Popcorn-TH</p>	<p>8</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Total Core & Body-TH</u> <u>*10:45 Book Club Discussion-L</u> 1:00 Poker-L <u>*2:00 Dancercise-TH</u> <u>*3:00 Music History-L</u> 6:30 St. Isaac's Prayer & Communion Service-L 7:00 PAL Bingo-TH</p>	<p>9</p> <p>9:45 Enhanced Sit and Be Fit-TH <u>*10:30 Tai Chi-TH</u> 1:00 Poker-P <u>2:30 Gaby Rey as "Judy Garland"-GR</u> 4:00 Shabbat-L 7:00 Movie & Popcorn-TH</p>	<p>10</p> <p>10:00 Chair Exercise-TH 10:45 Shop Walgreens-O 1:30 Bingo-TH 2:30 Golden Girls Viewing-TH <u>*3:30 Manager's Choice-GR</u> 7:00 Movie & Popcorn-TH</p>
<p>14</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Body Yoga-TH</u> <u>*1:00 Parkinson's Exercise-TH</u> <u>*1:30 Brain Boost-GR</u> 2:30 Wine and Cheese With Mihai Vlad-GR 7:00 Movie and Popcorn-TH</p>	<p>15</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Total Core & Body-TH</u> <u>*10:45 Book Club Discussion-L</u> 1:00 Poker-L <u>*2:00 Chat With the Chef-B</u> <u>*3:00 Dancercise-TH</u> 7:00 PAL Bingo-TH</p>	<p>16</p> <p>9:45 Enhanced Sit and Be Fit-TH <u>*10:30 Art Class-TH</u> 1:00 Movie Outing-O 1:00 Ceramic Painting-B <u>*2:00 Drumming Circle-TH</u> 3:00 Poker-P 4:00 Shabbat-L 7:00 Movie & Popcorn-TH</p>	<p>17</p> <p>10:00 Body for Life-TH 10:45 Shop Walgreens-O 1:30 Bingo-TH 2:30 Golden Girls Viewing-TH <u>*3:30 Manager's Choice-GR</u> 7:00 Movie & Popcorn-TH</p>
<p>21</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Body Yoga-TH</u> 11:00 Lunch Outing-O <u>*1:00 Parkinson's Exercise-TH</u> <u>*1:30 Crossword Club-GR</u> 2:30 Wine and Cheese With Voytek-GR 7:00 Movie and Popcorn-TH</p>	<p>22</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Total Core & Body-TH</u> <u>*10:45 Book Club Discussion-L</u> 1:00 Poker-L <u>*2:00 Dancercise-TH</u> <u>*3:00 Music History-L</u> 6:30 St. Isaac's Prayer & Communion Service-L 7:00 PAL Bingo-TH</p>	<p>23</p> <p>9:45 Enhanced Sit and Be Fit-TH <u>*10:30 Tai Chi-TH</u> 1:00 Poker-P <u>*2:30 Bon Appetit-B</u> 4:00 Shabbat-L 7:00 Movie & Popcorn-TH</p>	<p>24</p> <p>9:00 Dancing Tour-GR 10:45 Shop Walgreens-O 1:30 Bingo-TH 2:30 Golden Girls Viewing-TH <u>*3:30 Manager's Choice-GR</u> 7:00 Movie & Popcorn-TH</p>
<p>28</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Body Yoga-TH</u> <u>*1:00 Parkinson's Exercise-TH</u> <u>*1:30 Brain Boost-GR</u> 2:30 Wine and Cheese With Babette Dean-GR 7:00 Movie and Popcorn-TH</p>	<p>29</p> <p>9:45 Sit and Be Fit-TH <u>*10:15 Total Core & Body-TH</u> <u>*10:45 Book Club Discussion-L</u> 1:00 Poker-L <u>*2:00 Dancercise-TH</u> <u>*3:00 Intro to Palm Reading-CFL</u> 7:00 PAL Bingo-TH</p>	<p>30</p> <p>9:45 Enhanced Sit and Be Fit-TH <u>*10:15 Balloon Volleyball-TH</u> 12:00 Resident Birthday Lunch-JK 1:00 Movie Outing-O 2:00 Poker-P <u>*3:00 Blabbing With Barb</u> 4:00 Shabbat-L 7:00 Movie & Popcorn-TH</p>	<p>31</p> <p>10:00 Chair Exercise-TH 10:45 Shop Walgreens-O 1:30 Bingo-TH 2:30 Golden Girls Viewing-TH <u>*3:30 Manager's Choice-GR</u> 7:00 Movie & Popcorn-TH</p>



Spiritual Corner

Family Bible Hour

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

Prayer and Communion with St. Isaac Jogues

Thursday, Jan. 8, at 6:30 p.m. in
the library (Communion
Service) and Thursday, Jan. 22,
(Prayer and Communion).

Shabbat Service

Fridays at 4 p.m. in the library
with Paula Druess; families
welcome.

Communion Weekly after Wine and Cheese

Transportation to religious
services is available on the
weekends or by request during
the week.

Resident Council



You have a voice; let it be heard!
All residents are encouraged to
attend the Belmont Village
Resident Council Meeting,
which is held on the last
Tuesday of this month in the
Town Hall. Bring any
comments, questions or
concerns to the heads of each
department.

Tuesday, Jan. 27 at 2 p.m.

Happy New Year!

Word Search

Birthday	Hot Cocoa
Celebration	January
Champagne	Mittens
Cold	New Year
Confetti	Resolution
Fireworks	Slippers
Goal	Snow
Hockey	Start

N	X	Z	I	N	D	H	K	P	S	N	O	W	Q	R
B	B	S	W	J	O	L	H	X	O	S	N	B	G	K
E	G	S	J	C	J	I	O	I	W	T	V	R	B	H
N	E	R	K	A	V	Y	T	C	H	A	T	I	S	H
G	T	E	I	U	A	A	C	U	P	R	R	K	Z	L
A	Y	P	T	A	R	V	O	V	L	T	R	I	I	L
P	G	P	T	B	G	V	C	F	H	O	Z	D	R	R
M	S	I	E	O	L	O	O	D	W	X	S	Q	A	V
A	N	L	F	I	G	Y	A	E	F	S	J	E	W	Y
H	E	S	N	Q	V	Y	R	L	P	A	Y	K	R	C
C	T	B	O	M	Y	I	K	Z	O	W	I	A	H	Z
H	T	C	C	C	F	V	K	D	E	J	U	B	R	Y
G	I	Q	Y	M	I	Q	A	N	G	N	G	L	H	L
I	M	V	A	J	M	M	G	L	A	Y	J	Y	A	Q
P	C	Z	X	X	K	R	C	J	A	F	X	B	A	H

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 Parkinson's
Exercise 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:

Rosalind Angell

Jim Dages

Lois Johnson

Irma Radzin

Nick Ventrella

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





Welcoming in 2015

As we prepare for a new year of things to come, let us not forget the lessons learned from the recent months. One case and point would be the infection control issues surrounding the Ebola virus cases that erupted in the United States.

This New Year should be one of reflection on the things we have learned, and on projection and preparation in order to do things better.

Surviving the holiday's throng of treats and tasteful dishes, as well as festive gatherings, we must be ever vigilant in assuring we protect those we love and care for from the ever existing bugs and microscopic undesirables that lurk among us.

Despite the cold weather throughout the country, issues such as the norovirus continue to survive. According to the Centers for Disease Control and Prevention (CDC) over one million people reside in assisted living communities, and reports between one and three million serious infections occur every year in these settings. We all know the usual culprits which include urinary tract infections, diarrheal diseases, C-difficile, and the ominous norovirus. Communities can do many things to keep these infections at bay with hopes of averting an epidemic and the threat of quarantine.

Outbreaks, such as the Norovirus require an accurate assessment of the situation, as well as consistent and thorough surveillance of those residents identified with symptoms. It is also necessary to implement measures to contain and control the spread.

The CDC and local health departments recommend residents exhibiting symptoms be asked to receive their meals in their apartments in an effort to limit the number of residents contacted thus containing the number of residents infected. While nursing conducts surveillance on those identified with Norovirus symptoms of nausea, vomiting, diarrhea, and sometimes elevated body temperatures, housekeeping works in concert with nursing to keep the environment safe and clean.

It is especially beneficial for housekeeping to increase their efforts to sanitize the community by intensifying their cleaning of common areas. Areas such as elevators, handrails, public dining and restrooms are high traffic areas that require frequent cleaning throughout the day to prevent the virus from attaching itself to another unknowing victim.

Dietary's continued support in the cause of prevention would be to assure dishwashers contain the manufacturer's

recommended level of sanitizing solution and are operating at the recommended temperature to kill any germs or bacteria.

Most importantly, the main practice we all can be sure is consistent and never failing is good hand washing. Remind your staff and residents of the importance of consistent and correct hand washing in stopping the spread of infection. Additionally, remind staff to stay home 48 hours after symptoms of the Norovirus have resolved.

The CDC reports upward of 380,000 people die each year as a result of infections contracted in communities like assisted living facilities. Let's do our part in working toward lowering those numbers by following good infection control practices.

For more information, refer to the CDC website (cdc.gov) or contact your local health department for guidance in controlling the number of infections in your community. This is your first step toward a great and HAPPY NEW YEAR.

Juanita Stemen, MSN



Belmont Village Thanksgiving 2014



Rodgers Family



Carol T.



Page Family



Cliff, Anna, & Caroline



Shaffer Family



Yvonne & Sara



2200 Golf Road
Glenview, IL 60025

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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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