



# Belmont Village of Oak Park VillageNEWS

1035 Madison Street • Oak Park, IL 60302 • Phone 708-848-7200 • Fax 708-848-7204

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

November 2013

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## Donna's Corner

As I laid awake at 3 a.m., I thought about my next newsletter topic. I thought you might find it interesting how I made my way to Belmont Village. Sometime in early March 2013, I got a call from a recruiter. This recruiter generally called me three times a year just to check in. My answer was always the same "No, I am happy where I am" or "I am not ready to make a move." This time, though, I was really intrigued. Just two weeks prior I had told my family that I thought my next job would be in a bigger assisted living facility with both assisted and dementia care. I had just heard the name Belmont from my marketing director. She said she was going to do a cold call at the Geneva Road facility because they were tough competitors in the suburban market. I told the recruiter I would like to have an interview. I figured I would learn more about the assisted living industry and could get some good insight into what they did that was so different from what we were doing.

When I entered the Great Room for my interview, I was warmly greeted by Janet. I went into the Bistro and completed my application. The entire time I was in the building I kept thinking to myself, "Is this a place I could see

myself working?" Everyone seemed so nice. The building was beautiful. There were positive interactions with me, the residents and staff. It is amazing how far kindness gets you, even if you think no one is paying attention. I interviewed with Jeanne Hansen, Regional Director, and Rob Rollans, Executive Vice President. I really liked them both and felt like I really fit within the Belmont culture. The straw that broke the camel's back was when they toured and explained their philosophy on dementia care. Aha! That was it! I have always had a passion for dementia care and was so impressed to see the different levels and learn about the neighborhoods. These products were all a result of Belmont employees trying to come up with a solution to a problem. The product was home-grown and it worked!

(continued on page 7)





## RESIDENT BIRTHDAYS

### November Birthdays!

- 1st ..... Sollie Vincent #229
- 3rd ..... Dr. Herbert Lerner #503
- 5th ..... Doris Braun #422
- 8th ..... Cecelia Copot #206
- 19th ..... Carlene Wavering #407
- 30th ..... Clarence Miller #526

## EMPLOYEE BIRTHDAYS

### November Birthdays!

- 2nd ..... Margaret Walsh
- 5th ..... AJ Jordan
- 6th ..... Marquita Mitchell
- 8th ..... Samantha Knoblauch
- 10th ..... Erycka Howard
- 19th ..... Shanna Smith
- 23rd ..... Chrystal Key-Garth
- 23rd ..... Nina Banks
- 27th ..... Igor Polonskiy

## Employee Anniversaries

- Charles Butler, Jr. .... 1 year
- Carolyn Thomas ..... 1 year
- Stephanie Clayman ..... 1 year
- Marlin Anderson ..... 3 years
- Latonya Childs ..... 6 years
- Lee Daniels ..... 7 years
- Curtis Morris ..... 9 years



## Circle of Friends News

Last month, the Circle of Friends spent a lot of time learning the history and culture of Australia, including Australian slang, the Aboriginal Masks, current events, endangered animals, the flora of Australia and issues around deforestation challenges. We also learned a lot about the Chinese culture and daily life. We all made Chinese lanterns and enjoyed sharing them with fellow residents during Assisted Living Week. Like our Neighborhood friends, we traced Columbus' journey to the New World.



## Neighborhood News

October sunshine was special this year and we took advantage of the patio time. We played some special golf, helped to plant the new garden flowers and shrubs and observed all the changes that Mother Nature offered us this year. Our daily programs included "World Veggie Day," "Wild, Wild West Day," pizza making, Shirley Temple tap dancing, "Columbus Day," "Jackie Robinson Day," and "Truth or Consequences." We looked forward to our Halloween costumes.



Margaret Walsh

## Employee of the Month #1

Margaret is an activity assistant working with the Circle of Friends. She has been with Belmont for six months. Prior to working for Belmont, Margaret worked in the special education department at a middle school. Her favorite part of her job is getting residents to smile and share memories.

When she is not at work, Margaret enjoys spending time with her husband and kids.

Congratulations, Margaret!!!

(we have a second employee of the month on page 6!)



# Health News

## Stop the Stress

Stress is any change that makes a physical, mental or emotional factor that causes body or mental tension. Stress is different for every person. What one person considers stressful another person may not. The symptoms of stress can disguise themselves in every aspect of our day to day lives. Stress affects the young as well as the young at heart.

Many health problems can be caused by stress, but stress can also make current health issues worse. Stress can make a person lose sleep (insomnia), cause depression, cause weight gain and also make digestive problems worse, causing diarrhea or constipation. Stress can appear in the body as pain of any kind and even knock down our immune system, making us more susceptible to illness and infections.

Some symptoms of too much stress may include aches and pains, anxiety, memory problems or constant worrying. Emotional responses to stress may include moodiness, anger or feeling overwhelmed. Behavioral responses to stress may include sleeping too much or too little, feeling nervous or jumpy and

eating too much or too little.

So what can we do about our stress?

Proper diet and exercise can help reduce one's stress. Reduce caffeine intake and increase water intake. Josephine's Kitchen has a variety of healthy food options to choose from. Decaffeinated tea and coffee is always available. Drink alcohol in moderation. See your community bulletin boards for an array of exercise programs to help you take control of your stress level.

Interested in trying more solitary pursuits to manage your stress? Try counting to yourself from 1 to 100. Go for a walk. You may try journaling about your stressors, or read something to make you laugh. Listening to music is a great stress reliever as is meditating.

If at any time you feel that your stress is unbearable, or you find yourself growing depressed please contact your doctor immediately.



## Transportation Schedule

### Sunday

Church Transportation  
Errands

### Monday and Friday

Jewel/Walgreens, Lunch Outing  
and Trips  
9:30 a.m.

### Tuesday, Wednesday and Thursday

Appointments:  
8:30 a.m.–3:30 p.m.

### Saturday

Scenic Excursion: 1:30 p.m.  
(Except Where Otherwise Noted  
in Calendar AND Weather  
Permitting)  
Errands

**We will honor as many  
transportation requests as  
possible.**

Sign up early for outings!  
Space in our van is limited;  
make sure you see the concierge  
so you don't get left behind!





## Weekly Events

### Exercise

Mon.–Fri. at 9:30 a.m.

### Communion Services

Thursdays at 11 a.m.

Sundays at 10:15 a.m.

### Wine and Cheese Social

Wed. at 2:15 p.m.

### Catholic Mass

Tuesdays at 10:45 a.m.

## Calendar Key

B	Bistro
CFL	Center For Learning
CFLE	Center For Life Enhancement
CO	Community Outing
GR	Great Room
JK	Josephine's Kitchen
CH	Chapel
TH	Town Hall
TR	Terrace Room



Sunday	Monday	Tuesday
 <b>All Designated MBA Activities Are Underlined in the Calendar</b>	 <b>NOVEMBER</b>	 <b>Happy Thanksgiving</b>
<p>Church Transportation <b>3</b></p> <p>10:15 Catholic Communion - TR</p> <p>10:30 Golden Oldies Music Hour-GR</p> <p>2:00 Leave for Chicago Philharmonic Chamber Performance</p> <p>2:30 Sunday Matinee- TH</p> <p>4:00 Word Search Puzzles-GR</p> <p>6:00 Bingo Games- GR</p>	<p>8-12 Flu Shots - TH <b>4</b></p> <p>9:30 Jewel/Walgreens Trips</p> <p>9:30 Sit and Be Fit - TR</p> <p><u>10:00 Chat With the Rabbi-TR</u></p> <p>1:30 Leave for Morton Arboretum Tour</p> <p><u>2:30 Tai Chi With Louie - TH</u></p> <p>3:30 Wii Bowling - B</p> <p>6:30 Old Time Radio - GR</p>	<p><b>5</b></p> <p><u>9:30 Boot Camp - TH</u></p> <p><u>10:00 Trivia Challenge - TH</u></p> <p>10:45 Catholic Mass - TR</p> <p>1:30 Laughter Yoga - TH</p> <p>2:30 Belmont Sing-Along -GR</p> <p><u>3:45 Science Scholars - TH</u></p> <p>6:30 Bingo Games - GR</p>
<p>Church Transportation <b>10</b></p> <p>10:15 Catholic Communion - TR</p> <p>10:30 Golden Oldies Music Hour-GR</p> <p>1:30 Christian Worship Service-TH</p> <p>2:30 Sunday Matinee- TH</p> <p>4:00 Word Search Puzzles-GR</p> <p>6:00 Bingo Games- GR</p>	<p><b>11</b></p> <p>9:30 Sit and Be Fit - TR</p> <p>9:30 Leave for Casino!</p> <p>10:00 Wii Tennis Game -B</p> <p>1:30 Resident Council Mtg- TH</p> <p>2:00 Veterans Day Program -GR</p> <p>3:30 Veterans Day Music Program- GR</p> <p>6:30 Old Time Radio - GR</p>	<p><b>12</b></p> <p><u>9:30 Boot Camp - TH</u></p> <p><u>10:00 Trivia Challenge - TH</u></p> <p>10:45 Catholic Mass - TR</p> <p>1:30 Men's Group With Tim - TH</p> <p>2:30 Belmont Sing-Along -GR</p> <p>3:30 LaVerna's PowerPoint - TH</p> <p>6:30 Bingo Games - GR</p>
<p>Church Transportation <b>17</b></p> <p>10:15 Catholic Communion - TR</p> <p>10:30 Golden Oldies Music Hour-GR</p> <p>2:30 A Day at the Opera: Madame Butterfly- TH</p> <p>4:00 Word Search Puzzles-GR</p> <p>6:00 Bingo Games- GR</p>	<p><b>18</b></p> <p>9:00 Lincoln Elementary Music Program- GR</p> <p>9:30 Sit and Be Fit - TH</p> <p><u>10:30 Crosswords Challenge-TH</u></p> <p>1:30 Travel Presentation W/ Bill</p> <p><u>2:30 Tai Chi With Louie - TH</u></p> <p>3:45 Oak Park Library Historical Presentation - TH</p> <p>6:30 Old Time Radio - GR</p>	<p><b>19</b></p> <p><u>9:30 Boot Camp - TH</u></p> <p><u>10:00 Trivia Challenge - TH</u></p> <p>10:45 Catholic Mass - TR</p> <p>1:30 Laughter Yoga - TH</p> <p>2:30 Belmont Sing-Along -GR</p> <p>3:30 Historical Society Program "Tombstones" - TH</p> <p>6:30 Bingo Games - GR</p>
<p><b>24</b></p> <p>Church Transportation</p> <p>10:15 Catholic Communion - TR</p> <p>10:30 Golden Oldies Music Hour-GR</p> <p>2:30 Sunday Matinee- TH</p> <p>4:00 Word Search Puzzles-GR</p> <p>6:00 Bingo Games- GR</p>	<p><b>25</b></p> <p>9:30 Jewel/Walgreens Trip</p> <p>9:30 Sit and Be Fit - TH</p> <p>10:00 Word Challenge - GR</p> <p>1:45 Popcorn With Terry - GR</p> <p>3:30 "Downton Abbey" - TH</p> <p>6:30 Old Time Radio - GR</p>	<p><b>26</b></p> <p><u>9:30 Boot Camp - TH</u></p> <p><u>10:00 Trivia Challenge - TH</u></p> <p>10:45 Catholic Mass - TR</p> <p>Movie Outing: TBA</p> <p>2:30 Belmont Sing-Along -GR</p> <p>3:45 The Best of National Geographic - TH</p> <p>6:30 Bingo Games - GR</p>

# November 2013

## Wednesday

## Thursday

## Friday

## Saturday

 <p><b>HONOR OUR VETERANS ON VETERANS DAY</b></p>	 <p>November</p>	<p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH <b>10:30 Book Club: Life of Pi-TH</b> 1:00 Leave for "At the Hip Hop" 2:00 Fireside Chat With Rollin-GR 3:30 Radio Drama Program - GR 6:30 Malt Shop Memories - GR</p>	<p><b>1</b></p> <p><b>10:15 Yoga With Judy - TH</b> 10:30 Chitchat W/ Friends - GR 1:30 Scenic Excursion! - CO 2:30 Easy Crossword Puzzles-GR 3:00 Trivial Pursuit - GR 6:30 Saturday Night at the Movies - TH</p> <p><b>2</b></p>
<p><b>6</b></p> <p><b>9:30 Balance Class - TH</b> 10:00 Pottery Painting - B <b>1:30 Literary Circle (Short Stories) -TH</b> 2:15 Wine and Cheese With Mihai Vlad - GR <b>3:30 This Week in History - TH</b> 4:00 Wii Tennis Game - B 6:30 Movie Night! - TH</p>	<p><b>7</b></p> <p><b>9:30 Boot Camp - TH</b> 10:00 Art Class With Beth - B 11:00 Communion Service - TR 1:30 Mosaics Art Class - B <b>2:00 Music Appreciation-GR</b> 3:00 Garden Dedication for Verna Erickson - JK/P 3:30 The Best of Johnny Carson -TH 6:30 Bingo Games - GR</p>	<p><b>8</b></p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH <b>10:30 Book Club: Life of Pi-TH</b> 11:15 Lunch Outing: Yia Yia's 2:00 Fireside Chat With Rollin-GR 3:30 Wii Bowling Games - B 6:30 Malt Shop Memories - GR</p>	<p><b>9</b></p> <p>10:30 Chitchat W/ Friends - GR 10:45 Leave for Opera at Yorktown Theater 2:30 Easy Crossword Puzzles-GR 3:00 Trivial Pursuit - GR 6:30 Saturday Night at the Movies - TH</p>
<p><b>13</b></p> <p><b>9:30 Balance Class - TH</b> 10:00 Word Game Puzzles -GR <b>1:30 Literary Circle (Short Stories) -TH</b> 2:15 Wine and Cheese With Esther Hanna - GR <b>3:30 Dental Hygiene Program With Dr. Rachel - TH</b> 4:00 Wii Tennis Game - B 6:30 Movie Night! - TH</p>	<p><b>14</b></p> <p><b>9:30 Boot Camp - TH</b> 10:00 Art Class With Beth - B 11:00 Communion Service - TR <b>1:30 Health Education W/ Stephanie - TH</b> <b>2:00 Music Appreciation- GR</b> 3:30 The Best of Johnny Carson -TH 6:30 Bingo Games - GR</p>	<p><b>15</b></p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH <b>10:30 Book Club: Life of Pi-TH</b> 1:00 Leave for "Bad Astronomy" At Cernan Space Center 2:00 Fireside Chat With Rollin-GR 3:30 Radio Drama Program - GR 6:30 Malt Shop Memories - GR</p>	<p><b>16</b></p> <p><b>10:15 Yoga With Judy - TH</b> 10:30 Chitchat W/ Friends - GR 1:30 Scenic Excursion! - CO 2:30 Easy Crossword Puzzles-GR 3:00 Trivial Pursuit - GR 6:30 Saturday Night at the Movies - TH</p>
<p><b>20</b></p> <p><b>9:30 Balance Class - TH</b> 10:00 Pottery Painting - B <b>1:30 Literary Circle (Short Stories) -TH</b> 2:15 Wine and Cheese With Robert Cunningham - GR <b>3:30 This Week in History - TH</b> 4:00 Wii Tennis Game - B 6:30 Movie Night! - TH</p>	<p><b>21</b></p> <p><b>9:30 Boot Camp - TH</b> 10:00 Art Class With Beth - B 11:00 Communion Service - TR Book Signing: TBA 1:30 Mosaics Art Class - B <b>2:30 You Be the Judge -TH</b> 3:00 George Washington Visits - GR 4:00 The Best of Johnny Carson -TH 6:30 Bingo Games - GR</p>	<p><b>22</b></p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH <b>10:30 Book Club: Life of Pi-TH</b> 11:00 Lunch Outing: Olive Garden 2:00 Fireside Chat With Rollin-GR 3:30 Wii Bowling Games - B 6:30 Malt Shop Memories - GR</p>	<p><b>23</b></p> <p>10:30 Chitchat W/ Friends - GR 1:30 Scenic Excursion! - CO 2:30 Easy Crossword Puzzles-GR 3:00 Trivial Pursuit - GR 6:30 Saturday Night at the Movies - TH</p>
<p><b>27</b></p> <p><b>9:30 Balance Class - TH</b> 10:00 Word Game Puzzles -GR <b>1:30 Literary Circle (Short Stories) -TH</b> 2:15 Wine and Cheese With Robbie Malkowski - GR 3:30 Turkey Scavenger Hunt (Meet in Great Room) 4:00 Thanksgiving/Turkey Trivia-GR 6:30 Movie Night! - TH</p>	<p><b>28</b></p> <p><b>9:30 Boot Camp - TH</b> 10:00 Art Class With Beth - B 11:00 Communion Service - TR Thanksgiving Lunch! 1:30 Dancing With Louie - TH 3:30 A Charlie Brown Thanksgiving -TH 6:30 Bingo Games - GR</p>	<p><b>29</b></p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH <b>10:30 Book Club: Life of Pi-TH</b>  1:00 Fireside Chat - GR 3:30 Wii Bowling Games - B 6:30 Malt Shop Memories - GR</p>	<p><b>30</b></p> <p>9:00 Alzheimer's Support Group-TH 10:30 Chitchat W/ Friends - GR 1:30 Scenic Excursion! - CO 2:30 Easy Crossword Puzzles-GR 3:00 Trivial Pursuit - GR 6:30 Saturday Night at the Movies - TH</p>



# Resident Council



**President:**

LaVerna Mehlhaff

**Vice-President:**

Keith Strandberg

**Secretary:**

Muriel Sweeney

All residents are encouraged to attend the meetings and to participate in welcoming newcomers to our community! These meetings are a forum for residents to discuss concerns, ask questions and share ideas or comments heard from other residents of Belmont Village. The meetings are always held on the second Monday of each month. This month's meeting will be held on Nov. 11 at 1:30 p.m. in Town Hall. We'll see you there!



**NFL**

"Belmont Village is honored to be a Designated Assisted Living Provider of the NFL Player Care Plan."

## Employee of the Month #2

Porfy is a sous chef and has been working for Belmont for nine years; he has been here since we opened! Porfy runs the kitchen when the chef manager is not here. Prior to working for Belmont, Porfy worked for the Carlton Hotel. The best part about his job is interacting with the residents on a regular basis. When he is not at work, Porfy enjoys playing sports, especially soccer.



Porfirio Roman

CONGRATULATIONS, PORFY!!!!

## Welcome New Residents



Carl M. #303

Jack D. #614

Rose R. #516

Pat K. #205

Dorothy F. #409

### Holiday Grab Bag!

We will be doing a "grab bag" during the holidays in December for anyone who wishes to participate in the gift exchange. A formal letter will be mailed to all families and given to all residents at the beginning of December with more details.

We hope you join us!



### Poetry by

### Dr. Lerner #503

"Go"

When ya gotta go, ya gotta go.  
Go down, Moses, let my people go,  
Go tell it on the mountain.  
That's the way to go.  
Go west young man.  
Make a go of it.  
Go by the Book.  
Stop and Go, don't forget to look.  
Go Bears, Go Cubs, Go Sox, Go fly a kite  
BE keen, go green. Go grab a bite.  
Do not pass go, do not collect \$200.  
Let's all go play the game Go!

*Poetry*  
AWARDS



## **(Donna's Corner - Continued From Page 1)**

Jeanne and Rob offered me the position before I left. I was so confused. I came here to interview and I was not nervous because I didn't think I was interested in another job. I left the building with a huge weight on my shoulders. Now what? I told my husband on the way home that I thought I had to join Belmont. I went to a Zumba class to try to dance it out.

Fast forward a couple of weeks: I came in to meet Frances Loftus to start my paperwork. I thought Frances was a nice, warm person. Dave Butz was leading a program in the Great Room. He said, "Are you the one? Are you our new director?" That reinforced my decision. My decision has been reinforced by staff, families and residents over and over again. It is great to land somewhere you feel like you are meant to be. I have said so many times, I put it out there and it gently fell into my lap. I don't think you should ever easily walk away from things that seem "meant to be."



## **Employees of the Month**

Yep! That's right! You're reading it correctly-employeeS of the month. We had two AMAZING nominees for the EOM and there was a dead-even vote and strong argument for who should be the EOM for November, so we have TWO awesome team members!

### **Wit & Wisdom**

"Knowledge is like a garden; if it is not cultivated, it cannot be harvested."

—African proverb

"Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace."

—Kent Nerburn

"It is like the seed put in the soil—the more one sows, the greater the harvest."

—Orison Swett Marden

"It is only through books that we partake of the great harvest that is human civilization across the ages."

—Ibrahim Babangida

"Don't judge each day by the harvest you reap but by the seeds that you plant."

—Robert Louis Stevenson

"Always do your best. What you plant now, you will harvest later."

—Og Mandino

"With every deed you are sowing a seed, though the harvest you may not see."

—Ella Wheeler Wilcox



## **Center for Life Enhancement Hours**

Monday–Friday  
8 a.m.–4 p.m.

### **Josephine's Kitchen Hours**

*Breakfast*

7–9 a.m.

*Lunch*

11 a.m.–1 p.m.

*Dinner*

4:30–7 p.m.

Neighborhood Mealtimes

*Breakfast*

8 a.m.

*Lunch*

12:30 p.m.

*Dinner*

5:30 p.m.



## **Golden Years Salon**

Sign up at the Concierge desk to make an appointment. The Golden Years Salon has you covered!



# Belmont Village Scene



Health Education w/ Stephanie.



Chicago architectural boat tour.



Brookfield Zoo Tour.



Hard Rock Cafe for lunch.



Oktoberfest beer tasting and music.



Shanna leading a COF discussion!



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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 (2013), Austin (2014),  
Houston—West University and Hunters Creek (2014)