



Belmont Village of Oak Park Village NEWS

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

July 2013

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To reach any of our community staff, please call our main number: (708) 848-7200.

Donna's Corner

Summer is my favorite time of year! I love the warm weather, eating food from my garden and walking and dining outside. Summer is also very busy. School is ending for my kids, my daughter graduated from high school and my family will be visiting my house for an annual get-together.

We are going to be very busy here at Belmont Village! We are planning our annual employee summer picnic, we are having a great summer concert series planned and the management team has identified our global goal to improve customer and employee satisfaction AND care consistency and building cleanliness.

I hope you have a great summer planned. I hope your plans involve creating great memories here with the residents and staff of Belmont Village Oak Park.



Donna Germann, Executive Director





RESIDENT BIRTHDAYS

6th	Roger Binder
9th	Jordan Hillman
9th	Olga Svejkovsky
10th	Margaret Humphrey
15th	Mary Jane Farwell
15th	Barbara Griffin
16th	Richard Castor
18th	Patsy Railsback
18th	Anne Sebesta
20th	Ellis Murphy
20th	Joan Valleau
22nd	Ping Yen
24th	Barbara Radke
28th	John Atkins
28th	Joan Mecke

Resident Birthday Luncheon

If you have a birthday this month, please join us in Josephine's Kitchen for a special birthday meal on Friday, July 26, at noon.

EMPLOYEE BIRTHDAYS

1st	Juliette Staples
2nd	Constance Thomas
2nd	Alexandra Skowron
3rd	Sal Sepulveda
9th	Teresa Hopkins
20th	Takisha Holden
21st	Luis Leanos
22nd	Danielle Warren
27th	Miguel Adames



Circle of Friends News

This month, our Circle of Friends traveled to Greece! We learned about Greece's history, culture, and food, before spending several days on Greek Mythology. Sadly, a field trip to the actual country could not be arranged, but we learned enough to feel as though we were really there! We also enjoyed an impromptu piano and spoken word performance by some high school volunteers and welcomed not one, but two new wonderful ladies named Florence to the 4th floor.



Neighborhood News

Dads got the special treatment this month on our Neighborhood floors. In honor of Father's Day, we celebrated our distinguished gentlemen on the 2nd and 3rd floors. Because June is the most popular month for weddings, we also discussed love and marriage and residents had the opportunity to recount the stories of their own weddings. We also debuted a new game: balloon badminton. It was a huge hit! Residents from both floors also enjoyed a special musical performance by local 1st and 2nd graders.



Employee of the Month

Our Employee of the Month for July is Arnetta! Arnetta is a night-shift PAL who is very deserving of this award. She is always willing to step up and help out in any situation, and has been overly helpful lately. Arnetta has helped tackle some sticky situations and does so willingly.

Congratulations, Arnetta!



Events in July

- 1st Rabbi Mirelman
- 4th BBQ Lunch
- 4th Music Program
- 8th Resident Council Meeting
- 11th Medieval Times Outing
- 11th Music Appreciation
- 12th Radio Drama Program
- 15th Lunch Outing
- 18th Men's Group w/ Tim
- 18th Discussion w/ Zack
- 19th Chicago Boat Tour
- 22nd Lunch Outing
- 25th Music Appreciation
- 26th Nature Program
- 26th Resident Birthday Lunch
- 27th A Day at the Opera
- 29th Movie Theater Outing
- 30th Terrarium Craft



Dog Days of Summer

The term "dog days" was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the "dog star," would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.



Doctor Appointment Days

We are adding a day for doctors' appointments to our schedule; starting in July, Wednesday will also be designated for doctors' appointments, giving three days per week for appointments with doctors, instead of two.

Tuesday, Wednesday AND Thursday will now all be available to accommodate our residents as best we can.

Please do not hesitate to contact the front desk to schedule any and all appointments.



Keep Your Cool

Health concerns, as well as the normal effects of aging, can make hot weather risky for seniors. In the summertime, it's wise to limit outdoor activities to early morning or late evening and try to stay in the shade. Keep cool by wearing loose-fitting clothing in light colors, and drink plenty of fluids.



Transportation Schedule



Sunday
Church Transportation

Monday and Friday
Jewel and Walgreens
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)
(Weather Permitting)
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.

Happy Hour

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

Belmont Cooks!

Do you have a favorite family recipe? Tell Samantha or email her at spoterek@belmontvillage.com and it might end up as a special in Josephine's Kitchen or in our forthcoming cookbook!

Sunday	Monday	Tuesday
 All Designated MBA Activities Are Underlined in the Calendar	1	2
	9:30 Jewel/Walgreens Trip-CO 9:30 Sit & Be Fit-TH <u>10:00 Chat With Rabbi Mirelman-TR</u> <u>2:30 Tai Chi With Louie-TH</u> <u>3:30 Science Scholars-TH</u> 4:00 "Downton Abbey" - TH 6:30 Old Time Radio-GR	<u>9:30 Boot Camp - TH</u> 10:00 Coffee and Chitchat - B 10:45 Catholic Mass - CH <u>1:30 Dancercise With Dave -TH</u> 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR <u>3:30 Trivia W/ Sam - TR</u> 6:30 Bingo W/ Concierge - GR
7	8	9
Church Transportation-CO 9:30 Alexandra's Activity - B 10:15 Catholic Communion Service-TR 10:30 Golden Oldies Music Hour -GR 1:30 Scrabble Challenge - TR 2:00 Sunday Matinee-TH 6:00 Bingo-GR	9:30 Jewel/Walgreens Trip-CO 9:30 Sit & Be Fit-TH <u>10:00 Crossword Challenge-TH</u> 1:30 Resident Council Meeting-TH <u>2:30 Art Class With Beth-TH</u> 3:00 Wii Bowling- B 4:00 "Downton Abbey" - TH 6:30 Old Time Radio-GR	<u>9:30 Boot Camp - TH</u> 10:00 Coffee and Chitchat - B 10:45 Catholic Mass - CH <u>1:30 History of Music - TR</u> 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR <u>3:30 Trivia W/ Sam - TR</u> 6:30 Bingo W/ Concierge - GR
14	15	16
Church Transportation-CO 10:15 Catholic Communion Service-TR 10:30 Golden Oldies Music Hour -GR 1:30 Christian Worship Service - TH 1:30 Scrabble Challenge - TR 2:00 Sunday Matinee-TH 6:00 Bingo-GR	9:30 Jewel/Walgreens Trip-CO 9:30 Sit & Be Fit-TH <u>10:00 Crossword Challenge-TH</u> 11:00 Lunch Outing: Chicken & Waffles <u>2:30 Tai Chi W/ Louie -TH</u> 4:00 "Downton Abbey" - TH 6:30 Old Time Radio-GR	<u>9:30 Boot Camp - TH</u> 10:00 Coffee and Chitchat - B 10:45 Catholic Mass - CH <u>1:30 Dancercise With Dave -TH</u> 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR <u>3:30 Trivia W/ Sam - TR</u> 6:30 Bingo W/ Concierge - GR
21	22	23
Church Transportation-CO 10:15 Catholic Communion Service-TR 10:30 Golden Oldies Music Hour -GR 1:30 Scrabble Challenge - TR 2:00 Sunday Matinee-TH 6:00 Bingo-GR	9:30 Jewel/Walgreens Trip-CO 9:30 Sit & Be Fit-TH <u>10:00 Crossword Challenge-TH</u> 11:00 Lunch Outing: Applebee's 1:30 Travel Presentation! - TH <u>2:30 Art Class With Beth-TH</u> 4:00 "Downton Abbey" - TH 6:30 Old Time Radio-GR	<u>9:30 Boot Camp - TH</u> 10:00 Coffee and Chitchat - B 10:45 Catholic Mass - CH <u>1:30 History of Music - TR</u> 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR <u>3:30 Trivia W/ Sam - TR</u> 6:30 Bingo W/ Concierge - GR
28	29	30
Church Transportation-CO 10:15 Catholic Communion Service-TR 10:30 Golden Oldies Music Hour -GR 1:30 Scrabble Challenge - TR 2:00 Sunday Matinee-TH 6:00 Bingo-GR	9:30 Jewel/Walgreens Trip-CO 9:30 Sit & Be Fit-TH <u>10:00 Crossword Challenge-TH</u> Movie Theater Outing: TBA 2:00 Wii Bowling- B 4:00 "Downton Abbey" - TH 6:30 Old Time Radio-GR	<u>9:30 Boot Camp - TH</u> 10:00 Coffee and Chitchat - B 10:45 Catholic Mass - CH 1:30 Terrarium Craft - TH 1:30 Parkinson's Class - CFLE 2:30 Belmont Sing-Along - GR <u>3:30 Trivia W/ Sam - TR</u> 6:30 Bingo W/ Concierge - GR

July 2013

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>9:30 Balance Class - TH 10:00 Pottery Painting - TH 10:30 MBA Puzzle Books - B 2:15 Wine and Cheese W/ Don Haglund - GR 3:30 Literary Circle - TR 4:00 Rummikub - TH 6:30 Bible Study (Materials Provided) - TR</p>	<p>4</p> <p>9:30 Boot Camp - TH 10:30 This Week in History - TR 11:00 Communion Service - CH 11:00 4th of July Lunch! 1:30 Computer Class (By Appt.)- CFL 2:30 Current Events - TR 4:00 Dominoes/Mexican Train - TR 6:30 Bingo - GR</p>	<p>5</p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH 10:30 Book Club - TH 2:15 Entertainment W/ Dan Sullivan - GR 3:00 Table Shuffleboard - TH 4:00 Poker Game - TR 6:30 Malt Shop Memories - GR</p>	<p>6</p> <p>10:15 Yoga With Judy-TH 10:30 Neighborhood Drive 10:30 Chitchat-GR 1:30 Scenic Excursion 2:30 Wine and Cheese Social - GR 3:30 Trivial Pursuit-GR 6:30 National Geographic: <i>Holland Against the Sea</i> -TH</p>
<p>10</p> <p>9:30 Balance Class - TH 10:30 MBA Puzzle Books - B 1:30 Brainstorming Meeting - TR 2:15 Wine and Cheese W/ Woof Entertainment - GR 3:30 Literary Circle - TR 4:00 Rummikub - TH 6:30 Bible Study (Materials Provided) - TR</p>	<p>11</p> <p>9:30 Boot Camp - TH 9:30 Leave for Medieval Times 10:30 This Week in History - TR 11:00 Communion Service - CH 2:00 Music Appreciation Class - TH 4:00 Dominoes/Mexican Train - TR 6:30 Bingo - GR</p>	<p>12</p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH 10:30 Book Club - TH 3:00 Table Shuffleboard - TH 3:00 Drama Radio W/ Art Spot - GR 4:00 Poker Game - TR 6:30 Malt Shop Memories - GR</p>	<p>13</p> <p>10:30 Neighborhood Drive 10:30 Chitchat-GR 1:30 Scenic Excursion 2:30 Wine and Cheese Social - GR 3:30 Trivial Pursuit-GR 6:30 National Geographic: <i>Titanic W/ Bob Ballard</i> -TH</p>
<p>17</p> <p>9:30 Balance Class - TH 10:00 Pottery Painting - TH 10:30 MBA Puzzle Books - B 2:15 Wine and Cheese W/ Kym - GR 3:30 Literary Circle - TR 4:00 Rummikub - TH 6:30 Bible Study (Materials Provided) - TR</p>	<p>18</p> <p>9:30 Boot Camp - TH 10:30 This Week in History - TR 11:00 Communion Service - CH 1:30 Men's Group W/ Tim - TH 3:00 A Year in Review W/ Zack - GR 4:00 Dominoes/Mexican Train - TR 6:30 Bingo - GR</p>	<p>19</p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH 10:30 Book Club - TH 12:15 Leave for Chicago Architectural Boat Tour 3:00 Table Shuffleboard - TH 4:00 Poker Game - TR 6:30 Malt Shop Memories - GR</p>	<p>20</p> <p>10:15 Yoga With Judy-TH 10:30 Neighborhood Drive 10:30 Chitchat-GR 1:30 Scenic Excursion 2:30 Wine and Cheese Social - GR 3:30 Trivial Pursuit-GR 6:30 National Geographic: <i>Exploring New Frontiers</i> -TH</p>
<p>24</p> <p>9:30 Balance Class - TH 10:00 Wii Bowling - B 10:30 MBA Puzzle Books - B 2:15 Wine and Cheese W/ Esther Hanna - GR 3:30 Literary Circle - TR 4:00 Rummikub - TH 6:30 Bible Study (Materials Provided) - TR</p>	<p>25</p> <p>9:30 Boot Camp - TH 10:30 This Week in History - TR 11:00 Communion Service - CH 1:30 Computer Class (By Appt.)- CFL 2:00 Music Appreciation Class - TH 4:00 Dominoes/Mexican Train - TR 6:30 Bingo - GR</p>	<p>26</p> <p>9:30 Jewel/Walgreens Trip 9:30 Sit and Be Fit - TH 10:30 Book Club - TH 12:00 Resident Birthday Lunch 2:00 Forest Preserve Nature Program - TH 3:00 Table Shuffleboard - TH 4:00 Poker Game - TR 6:30 Malt Shop Memories - GR</p>	<p>27</p> <p>10:30 Neighborhood Drive 10:30 Chitchat-GR 1:30 Scenic Excursion 2:00 A Day at the Opera - TH 3:30 Trivial Pursuit-GR 6:30 National Geographic: <i>Incredible Human Machine</i> -TH</p>
<p>31</p> <p>9:30 Balance Class - TH 10:00 Wii Bowling - B 10:30 MBA Puzzle Books - B 2:15 Wine and Cheese W/ Luke "Lucky" - GR 3:30 Literary Circle - TR 4:00 Rummikub - TH 6:30 Bible Study (Materials Provided) - TR</p>			



Resident Council



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, questions, ideas and 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 July 8 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."



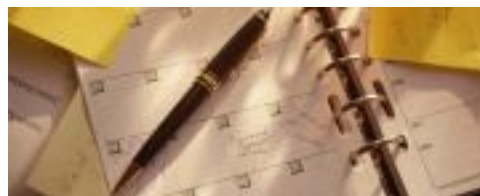
Changes to Housekeeping

Starting in June, the housekeeping schedule changed in order for us to have a housekeeper in the building seven days a week. In addition, housekeepers will have staggered shifts to provide greater coverage during the day.

This is an effort to improve overall cleanliness and housekeeping services to our residents and the building.

We are finalizing the schedule, and you will continue to get weekly cleaning services.

If you have ANY questions, please feel free to contact Donna, the Executive Director.



Belmont Podiatrist

Dr. Mary DiSomma of the DiSomma Foot and Ankle Clinic is a foot and ankle surgeon and podiatrist. Her office is located at 1100 Lake Street, Suite 248, in Oak Park. She will be the podiatrist that Belmont will refer to. Please let the nurses know if you would like to sign up to be seen.

If you wish to contact her office directly, see below for phone and fax numbers:

Phone: (708) 383-5554

Fax: (708) 383-9321





Health News

Laughter Is the Best Medicine

When was the last time you had a really good laugh?

Laughing makes people feel good for a reason. Studies have shown that laughter boosts the immune system and triggers the release of pleasure-inducing endorphins in the brain.

Endorphins are the body's natural feel good chemicals. In other words, we feel better when we laugh because endorphins reduce physical and mental pain. While this may be a wonderful feeling, laughing has other benefits as well: Laughter lowers blood pressure, improves the function of blood vessels and increases blood flow, which can help protect against a heart attack and other cardiovascular problems.

Laughter reduces pain and allows toleration of discomfort. Laughter reduces blood sugar levels, increasing glucose tolerance in diabetics and non-diabetics alike. Laughter relaxes the whole body, relieving tension and stress. It has been shown that following a good, hearty laugh, muscles in the body are relaxed for up to 45 minutes afterward. Laughing burns calories—laughter is sometimes referred to as "inner jogging." A hearty laugh gives the

muscles of the face, chest, shoulders, stomach and diaphragm a good workout. Laughter also helps to create a positive mood. It allows the expression of happiness and the release of anxiety. Humor eases tension and is a great antidote to a stressful situation.

Here are some ways to bring more humor and laughter into your life:

Smile: Smiling is the beginning of laughter. Like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling!
Count your blessings: Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter!
When you hear laughter, move toward it: People are very happy to share something funny because it gives them an opportunity to laugh again and feel the humor in it. When individuals hear laughter, they seek it out and ask "What's funny?"

The bottom line—laughter may be the best medicine.



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

Please sign up at the Concierge desk to make an appointment! Whether you need a perm, a manicure, a pedicure, or just a wash and a trim, The Golden Years Salon has you covered.



Belmont Village Scene



Resident Sing-Along!



Laverna at the Movie Theater



Travel Presentation w/ Bill



Art is Therapy!



Big Cheesers!



Gettin' our groove on!



1035 Madison Street
Oak Park, IL 60302

SC Lic. 47837
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 (2013), Austin (2014),
Houston—West University and Hunters Creek (2014)