

Thank You to Our Residents' Families for Coming to Our Events!



Cheers, Bev and Joe!



Happy Fourth of July!



Nothing beats a BBQ at Belmont!



Mae with her great-grandchildren!



Family Appreciation Pool Party!



Elsie & her adorable great-grandson!



Belmont Village of Rancho Palos Verdes

Village NEWS

5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

August 2015

Our Team

Judith Uy-Villaruz

Executive Director
(310) 377-9977 x 102

Rene Navarrette

Human Resource Coord.
(310) 377-9977 x 103

Kimberly Sanchez

Activity Program Coord.
(310) 377-9977 x 104

David Alvarez

Building Engineer
(310) 377-9977 x 105

Anthony Rodriguez

Chef Manager
(310) 377-9977 x 106

Terese Campbell

Community Relations
(310) 377-9977 x 108

Jose Speede

Community Relations
(310) 377-9977 x 107

Nerissa Lagmay, R.N.

Dir. of Resident Care
(310) 377-9977 x 109

Anna Liza Vanderhoof

Memory Program Coord.
(310) 377-9977 x 121



Our Management Team

Judi's Notes:

As summer draws to a close, learn about the fresh veggies in your produce department. Don't go home with another mushy cucumber or scrawny ear of corn.

Here's what to look for:

Climbing the beanstalk. Green beans should be bright and firm with no soft spots or wrinkles. Avoid tough skin and yellowing.

Beans should be easily felt through the pod.

An Earful. Corn is best served the day you buy it. Look for tightly wrapped, bright-green husks.

Kernels should be small, shiny, firm and tightly packed.

Not in a Pickle. Look for firm cucumbers with colors from light to dark green. Avoid soft spots and wrinkles. The best ones are no more than 6 inches long.

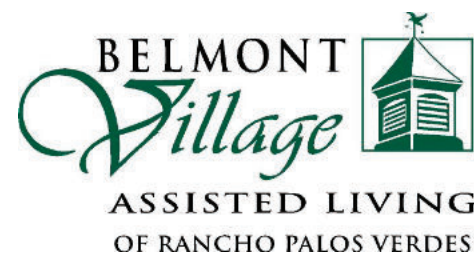
Hard-boiled. Eggplants should be shiny with green stems without wrinkles. Flesh should give a bit when gently pressed with no hard spots.

Heading back to school may be the most wonderful time of the year as far as parents are concerned, but for children, it's the beginning of the end. Rituals and routines return, while personal freedom is replaced with classroom confinement.

Parents can find a variety of ways, however, to ease the transition

from summer's sluggish ways to academia's accelerated pace. With planning and preparation, shifting gears from slow to go can be easy on both adults and kids. The first lesson is to close the book on summer. Prior to the first day of classes, hold a family night complete with a cookout, picnic or sit-down dinner, followed by an hour or two spent reflecting on all the different events that took place during summer break. Give each member a chance to share his or her memories through photos or souvenirs. Second, return to "normal" household schedules that may have fallen by the wayside over the long vacation. Set specific wake-up and bed times and reassign chores.

Also, reduce the amount of television viewing in exchange for learning activities. The next step is to physically get ready. One week before classes start, visit the school and meet the teacher(s), if possible. Review supply lists and dress-code guidelines, then go shopping as a family. Enlisting everyone's help can provide a sense of responsibility. Lastly, provide positive reinforcement and encouragement to children. That way, the adults won't be the only ones excited about going back to school.



5701 Crestridge Road
Rancho Palos Verdes, CA 90275

RCFE Lic. 198204246
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



© 2014 Belmont Village, L.P. All content owned and controlled by Belmont Village.

Toll-Free Disaster Info For Families 1-877-218-0020



Memory Care Neighborhood



Roberta showing off her new moves!



Neighborhood Snack and Games



Jomin and Donald playing Horse Shoe



Lily in her Red White & Blue!

Neighborhood News!

Residents celebrated the 4th of July with our special guest singer "Armado." The weather is always unpredictable but whenever we have sunny day, you will see the Neighborhood residents outside by the grassy area having their morning snack or afternoon snacks. Everybody seemed to enjoy having ice cream, fresh squeezed lemonade with the nice warm summer weather.

Circle of Friends News

Circle of friends enjoyed there time at the "PV Art Museum" and explored the art made by Rane Henderson: Latchkey 2015 ALPAY SCHOLARSHIP EXHIBITION. Circle of Friends love to create and express themselves with art. We meet every two weeks and you are welcome to come and enjoy COF residents' artwork.

Last month our new Drum Circle class was a success and the residents loved interacting with each other while creating beautiful rhythmic sounds.

We also want to welcome our new member Mrs. Terry Tabata who just moved in last Month.

COF Outing Schedule

8/4 - Yogurt land

8/11 - Aquarium of the Pacific

8/18 - Movie Outing

8/25 - Lunch Outing - Celebrate COF Resident Birthdays



Pauline, Sophie and Jean in our new drum circle class!



Everyone making their own music!

New Activities!



Knitting & Crochet Club

Would you like to learn how to crochet or knit? Or are you already experienced and would like to simply knit or crochet with the company of others to share and teach your friends new techniques? Come join Kim and other residents on **Thursday, August 6, 2:00 p.m.** and embrace your creativity!



New Walking Club!

Sign-Up at the front desk to join us for a nice walk every Tuesday at 10 a.m. and Thursday at 2 p.m. And don't forget our monthly Stroll at the Park on **Wednesday, August 5, at 10:30 a.m.**

New Aromatherapy Class

Aromatherapy is the use of essential oils of aromatic plants to affect or alter a person's mood or behaviors. Blending essential oils can also promote healing on subtle energetic levels. Come learn about the three branches of Aromatherapy and other benefits of essential oils and create and special blend to help you relax or even stimulate your mind!

Join Kim on Monday, August 3, at 1:30 p.m. in Town Hall



Speech Therapy Seminar

Did you know that Belmont Village also has Speech Therapy? In addition to our Physical and Occupational Therapy services we provide, we also just acquired a new Speech Therapist! Come learn about Speech Therapy and how it can be beneficial to you on **Thursday, August 20, 2:00 p.m. in Town Hall**

Out & About

August Summer Outings!

Stroll at the Park
Wednesday, August 5,
10:30 a.m.

Peninsula Drop-Offs
Wednesday, August 12,
11:00 a.m.

Dinner Outing to Cheesecake Factory
Thursday, August 13, 4:00 p.m.

"Hair Spray" Broadway Musical
at James Armstrong Theater in Torrance
Sunday, August 16, 2:00 p.m.

Lunch Outing to Benihana
Wednesday, August 19,
11:00 a.m.

Movie Outing to AMC Theaters
Monday, August 31, TBD



Dinner at Giorgio's!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 TH Movement Exercise W/ Vyrel 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Sensory & Stimulus 1:15 TH Sensory & Stimulus 2:30 2B Dominoes 3:30 GR High Tea W/ Marla Jones 6:30 TH Evening Movie
2 9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 2:00 PL Aqua Aerobics 3:30 GR Champagne & Entertainment W/ George Rossi 6:30 TH Evening Movie	3 9:30 TH Tai Chi 10:15 TH Boot Camp 11:00 TH Poker 1:30 TH Aromatherapy W/ Kim 2:30 PL Aqua Aerobics 6:15 GR Trivia W/ Fritz 7:30 TH Evening Movie or News	4 9:30 TH Balance Exercise 10:00 TH Coordination Boot Camp 10:45 CL Computer Assist 11:00 TH French Class 12:00 JK Birthday Lunch! 1:00 TH Think Tank 2:00 JK Marketplace 2:30 TH Activity Chat & MBA Meeting 3:30 TH Bingo 6:30 TH Evening Movie or News	5 9:30 TH Zumba Chair Exercise 10:00 TH Yoga 10:30 Stroll at the Park! 1:30 TH Art Class 3:00 TH Paper Plate Exercise 3:00 GR Word Game W/ Wine & Cheese 6:30 TH Evening Movie or News	6 9:30 TH Shimmy Shape Up 10:15 TH Boot Camp 11:00 TH Italian Class 2:00 TH Knitting & Crochet 3:00 TH Strength, Balance & Flexibility 6:30 TH Evening Movie or News	7 9:30 TH Balls & Bands 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 2:45 TH Senior Strength 3:30 GR Happy Hour W/ Jill Jax 6:30 TH Evening Movie	8 9:30 TH Movement Exercise W/ Vyrel 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Musical Trivia 2:30 2B Dominoes 3:30 GR High Tea W/ Vic Moraga 6:30 TH Evening Movie
9 9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 2:00 TH Think Tank 3:00 TH Bingo 6:30 TH Evening Movie	10 9:30 TH Sit & Be Fit 10:00 TH Boot Camp 11:00 TH Poker 2:30 TH What's Cooking?! 6:15 GR Trivia W/ Fritz 7:30 TH Evening Movie or News	11 9:30 TH Sit & Be Fit 10:00 TH FAB Fitness 10:45 CL Computer Assist 11:00 TH French Class 1:00 TH Think Tank 2:00 JK Marketplace 2:30 TH Resident Council 3:30 TH Bingo 6:30 TH Evening Movie or News	12 9:30 TH Zumba Chair Exercise 10:00 TH Yoga 10:00 GR Butterfly Boutique 11:00 Peninsula Drop-Offs 11:00 TH Creative Writing 1:15 TH Beading Class 3:00 GR Word Game W/ Wine & Cheese 3:00 TH Paper Plate Exercise 6:30 TH Evening Movie or News	13 9:30 TH Sit & Be Fit 10:00 TH Walk Fit 11:00 TH Italian Class 1:30 TH 15 Minutes of Fame W/ Resident of the Month 3:00 TH Strength, Balance & Flexibility 4:00 Dinner Outing to Cheesecake Factory 6:30 TH Evening Movie or News	14 9:30 TH Balls & Bands 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 2:45 TH Senior Strength 3:30 GR Happy Hour W/ Dave Winestone 6:30 TH Evening Movie	15 9:30 TH Movement Exercise W/ Vyrel 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Sensory & Stimulus 2:30 2B Dominoes 3:30 GR High Tea W/ Just-Uss 6:30 TH Evening Movie
16 9:15 3B Worship 10:30 TH Communion 1:00 Outing to "Hairspray" Broadway Musical 1:00 TH There & Back History 2:00 PL Aqua Aerobics 6:30 TH Evening Movie	17 9:30 TH Tai Chi 10:15 TH Boot Camp 11:00 TH Poker 1:30 TH Homemade Spa Recipes 2:30 PL Aqua Aerobics 6:15 GR Trivia W/ Fritz 7:30 TH Evening Movie or News	18 9:30 TH Balance Exercise 10:00 TH Coordination Boot Camp 10:45 CL Computer Assist 11:00 TH French Class 1:00 LE Equipment Tune Up Clinic 2:00 JK Marketplace 3:30 TH Bingo 6:30 TH Evening Movie or News	19 9:30 TH Zumba Chair Exercise 10:00 TH Yoga 11:00 Lunch Outing to Benihana 1:30 TH Art Class 3:00 GR Word Game W/ Wine & Cheese 3:00 TH Paper Plate Exercise 6:30 TH Evening Movie or News	20 9:30 TH Shimmy Shape Up 10:15 TH Boot Camp 11:00 TH Italian Class 2:00 TH Speech Therapy Seminar 3:00 TH Strength, Balance & Flexibility 6:30 TH Evening Movie or News	21 9:30 TH Balls & Bands 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 2:45 TH Senior Strength 3:30 GR Happy Hour W/ Tony D. 6:30 TH Evening Movie	22 9:30 TH Movement Exercise W/ Vyrel 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Women's History Class 2:30 2B Dominoes 3:30 GR High Tea W/ Marv Robinson 6:30 TH Evening Movie
23 9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 6:30 TH Night at the Movies	24 9:30 TH Sit & Be Fit 10:00 TH Boot Camp 11:00 TH Poker 1:30 TH Table Tennis 6:15 GR Trivia W/ Fritz	25 9:30 TH Sit & Be Fit 10:00 TH FAB Fitness 10:45 CL Computer Assist 11:00 TH French Class 1:00 TH Think Tank 2:00 JK Marketplace 2:30 TH Chef Chat 3:30 TH Bingo 6:30 TH Evening Movie or News	26 9:30 TH Zumba Chair Exercise 10:00 TH Yoga 10:00 GR Latest Fashion by Saideh 11:00 TH Creative Writing 11:00 Peninsula Drop-Offs 1:15 TH Beading Class 3:00 GR Word Game W/ Wine & Cheese 3:00 TH Paper Plate Exercise 6:30 TH Evening Movie or News	27 9:30 TH Sit & Be Fit 9:30 TH Sit & Be Fit 10:00 TH Walk Fit 10:00 TH Walk Fit 11:00 TH Italian Class 2:00 TH Resident Social! 3:00 TH Strength, Balance & Flexibility 6:30 TH Evening Movie or News	28 9:30 TH Balls & Bands 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 2:45 TH Senior Strength 3:30 GR Happy Hour W/ Steve Waddington. 6:30 TH Evening Movie	29 9:30 TH Movement Exercise W/ Vyrel 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 2:30 2B Dominoes 3:30 GR High Tea W/ Armando 6:30 TH Evening Movie
30 9:15 3B Worship 10:30 TH Communion 1:00 TH There & Back History 4:30 JK Formal Meal W/ Entertainment by Jerry Pelligrino 6:30 TH Evening Movie	31 11:00 TH Poker 6:15 GR Trivia W/ Fritz 7:30 TH Evening Movie or News					



Birthday Lunch
Tuesday, August 4, at
12 p.m. in Josephine's
Kitchen!

- Residents' August Birthdays!**
- Mary Troups 8/4
 - Victoria Makita-Delano 8/8
 - Mae Keith 8/9
 - Rita Phelan 8/14
 - Rose Marino 8/28
 - Fumiko Takahashi 8/29
 - Sophie Whyte 8/30



- Employee August Birthdays!**
- Melissa Guerrero Chavez 8/1
 - Fellonice D. Taylor 8/6
 - Teresa C. Sands 8/8
 - Gloria M. Perez 8/9
 - Maria S. Ochoa 8/10
 - Vanessa E. Gutierrez 8/10
 - Anna Lorraine O. Munoz 8/14
 - Andresa A. Carlos 8/19
 - Gail De Los Reyes 8/20
 - Dina D. Naanos 8/20
 - Coreisy C. Barrera 8/23
 - Larlyn B. Tejada 8/24
 - Vanessa Pementel-Tapia 8/29
 - Tom Chirstian Legaspi 8/31
 - Norma A. Acosta 8/31

Resident of the Month



Joan (left) & her good friend Marty (right)

Belmont Village has selected Dorothy Joan Martin as August's Resident of the Month! Meet Joan for her 15 minutes of fame on Thursday, August 6, at 1:30 p.m. in Town Hall. Congratulations, Joan!



Teresita U. Kane (Tess)

August's Employee of the Month!
Tess is one of our long-running employees. She joined our community back when Belmont Village of Rancho Palos Verdes first opened their doors in February 2004. She continues to provide the greatest care to all our residents. Tess is always dependable, she gets her job done fast, easily and she is always compassionate. Altogether she is a very hard worker and we are honored to have her as one of our PALs. Please join us in congratulating Tess as August's Employee of the Month for 2015.

Transportation News!

Starting this month we will extend an extra hour for transportation. The days we have two drivers, we will have one driver until 5:00 p.m. We are hoping that this will be accommodating to the residents with later appointments. As a reminder, if you would like to transport outside of the hours when our drivers are not here, we would have no problem providing you a taxi at your cost. Same day appointments may also result in taxi transportation if drivers are booked. Remember to book appointments 48 hours in advance.

Transportation Hours
Friday - Monday: 8- 4 p.m. (1 driver)
Tuesday - Thursday: 8- 5 p.m. (2 drivers)

Nerissa's Notes:
Depression in Older Adults
The changes that often come in later life, the death of loved ones, increased isolation, and medical problems can lead to depression. Its effects go far beyond mood. It impacts your energy, sleep, appetite, and physical health. However, depression is not an inevitable part of aging.

Signs and symptoms of depression include:
sadness, fatigue, abandoning or losing interest in hobbies, social withdrawal and isolation, weight loss or loss appetite, sleep disturbance (difficulty falling asleep, oversleeping, or daytime sleeplessness), loss of self-worth, increase use of alcohol or other drugs, fixation on death, suicidal thoughts or attempts.

Managing Depression
It is a myth to think that after a certain age you can't learn new skills, try new activities, or make fresh lifestyle changes. The truth is that the human brain never stops changing, so older adults are just as capable. Overcoming often involves finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. If you are depressed, you may not want to do anything or see

anybody. But isolation and inactivity only make depression worse.
Older adults should focus on exercising, connecting with others face to face whenever possible, getting enough sleep (7 to 9 hours), maintaining a healthy diet, participating in activities, consider taking care of a pet, learning a new skill, and creating opportunities to laugh.



Homemade Spa Recipes
Create your own face mask, foot and body scrubs or even an astringent out of items you can find in your refrigerator! Learn how to make these easy recipes and treat yourself to a mini spa facial and much more on **Monday, August 17, at 1:30 p.m. in Town Hall**

- Recipes**
- Brown Sugar Scrub
 - Avocado Banana Mask (Combination Skin)
 - Berry Tightening Mask (Removes dead cells and cleans pores)
 - Applelicious Wash (Moisturizing & Softening)
 - Astringent
 - Wake Up Fast Aftershave

Welcome

Welcome new residents! We are so happy you are here, and if there is anything we can do to make your transition here any easier, please let us know.

- New Residents:**
- Donald Goodson
 - Joseph and Beverly Naughton
 - Vivian Page
 - Carla Winona Sargent
 - Theresa Watts

We would like to invite you to our "Wine Tasting" Resident Social on **August 27, at 2:00 p.m. in Town Hall.**

