



Belmont Village NEWS

Belmont Village of Westwood



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

March 2013

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Donna's Notes

Please join me welcoming Terese Campbell to our Community Relations team. Terese has worked for Belmont Village for 7 years, is transferring from Rancho Palos Verdes and is thrilled to be joining our team!

Terese and her family reside in Rancho Palos Verdes where they have lived for the past 10 years. She was born in East Los Angeles and grew up in Eagle Rock. Her parents worked their entire careers for airline companies so Terese had the unique privilege to travel all around the world. Some of her most memorable visits have been to Bombay, India/Hong Kong, China/Rome, Italy/London, England/Madrid, Spain/Bangkok, Thailand and many beautiful resort areas in Mexico. Terese is a UCLA graduate where she majored in Latin American Studies and she is fluent in Spanish. Terese has focused her career in the healthcare industry for the last two decades. She enjoys spending free time with her husband, Patrick, and two young children, Elizabeth, a 4th grader, and Justin in 1st grade. Terese is very proud to be a part of this growing organization and will continue to serve seniors to the best of her ability.

Last Tuesday, your new

Resident Council Board members were announced. Elaine Gerdau and Rosalie Gilford will be joining Sylvia Lieberman, Gerry Breitbart and Bernard Romanoff. Nominations were accepted at last month's meeting and after a few residents declined, we have our Board for 2013! Please join me in congratulating Elaine, Rosalie, Sylvia, Gerry and Bernard.

Finally, I'd like to highlight one area for improvement from the Resident Satisfaction Survey and that is "Belmont Village provides me with opportunities to contribute to this Belmont community." The Westwood Community Council and UCLA Student Volunteer Center are looking for ways to partner with our residents on a project in April in Westwood Village. This project could lead to something we do together to benefit the greater community and/or our Belmont community on a more permanent basis. Ayesha and I are planning to meet with the UCLA Student Volunteer Center to learn more. Please contact either Ayesha or me if you are interested in learning more. -Donna





Happy Birthday, Residents!

Mar. 2	Nancy Recht
Mar. 3	Nora O'Malley
Mar. 6	Joyce Jurin
Mar. 10	Louise Smith
Mar. 11	Trude Richards
Mar. 12	Ruth Gottlieb
Mar. 14	Justin Graf
Mar. 15	Susan Lindenbaum
Mar. 16	Harry Goodman
Mar. 17	Ann Sellecchia
Mar. 17	Robert Stambor
Mar. 18	Sydney Kutsu
Mar. 20	Robert Scott
Mar. 22	Lilly Tsukahira
Mar. 29	Edith Finck
Mar. 30	Iris Magidoff

The resident birthday luncheon is the last Thursday of every month.

Please stop by the table and wish them a "Happy Birthday."

Happy Birthday, Staff!

Mar. 1	Susan Berger
Mar. 8	Marjorie David
Mar. 8	Lester Mayoca
Mar. 9	Luis Escobar
Mar. 11	Reginald Brown
Mar. 31	Tigist Mamo



Employee of the Month!

Ana Hernandez

Congratulations and thank you, Ana! She leaves our residents' rooms "shiny, clean & refreshed!" She is a joy to be around, & a true asset! We're lucky to have her dedication & hardworking spirit!



Extra Mile Recognition!

Evelyn Ramirez

Evelyn is "very sweet, well-mannered, sincere and takes genuine pride in her job." She really is very special and we are lucky to have her!

She even goes out of her way to remember residents' special requests! Thanks, Evelyn!



Marvelous March!

Spring Is in the Air!

March is when the weather starts to turn warmer, and we get ready for our St. Patrick's Day party! We are also excited about working with Westwood United Methodist Church for Good Friday and Easter.

Passover and Seder

In order to mark the beginning of Passover, we will be working with Rabbi Akivah to celebrate. Make reservations for your family by contacting the Dining Room Manager in Josephine's Kitchen.



Vendor Spotlight

Bitter Root Ceramics Pottery

We are excited to have a very talented staff of ceramic artists come to help us learn 'hand-building' techniques for pottery, jewelry and beads for one of a kind creation. This hand-building 'clay therapy' is soft enough to mold, even with Fibromyalgia, Rheumatoid Arthritis or Parkinson's Disease.

Through Bitter Root, we were also able to begin other crafting projects, like crocheting and knitting items for the LA County+USC Medical Center.

Margot Reiner

She has two programs with us, Current Events & Constitution Consideration Convention - where she discusses politics, how people interpret legislative/judicial laws, and how our government applies them in our everyday life.

Join her weekly for a great discussion that will leave you thinking about our democracy and federal regulations.



UCLA Astronomy Planetarium and Telescope Shows

Join us for a show given by current astronomy and astrophysics students. We'll have discussions about the current night sky, constellations, astronomical phenomena, and more!

Past topics have been "General Relativity and Black Holes" and "Life in the Universe." We will even be able to look through one of the department telescopes after the show and view a variety of celestial objects, including planets, nebulae and star clusters.

This will be a really fun evening, and we'll take a tour of the solar system!

Jews on the Chocolate Trail

Connections Between Jews and Chocolate

The next time you pick up a piece of chocolate, consider that you are partaking in an aspect of Jewish history. Some surprising connections include Jews in the early chocolate trade and chocolate makers.

Rabbi Prinz travels the country, and will be giving a lecture at Skirball Center. Join us as we hear fascinating facts and amusing anecdotes about the evolution of chocolate!

Transportation Schedule

Sunday: Scenic drive

Monday: Doctor appointments, local trips

Tuesday: Doctor appointments, Circle of Friends outing

Wednesday: Doctor appointments, activity outing

Thursday: Doctor appointments, Neighborhood outing

Friday: Local trips

Saturday: Local trips

Sign up for activity outings, schedule your doctor appointments and other transportation needs at the Concierge Desk at least 48 hours in advance.

Resident Committees

MBA and Activity Meeting—Meet on the second Monday of the month in the Screening Room to discuss upcoming outings, new activities and other activity requests.

Chef Chat—Meets on the last Tuesday of the month in the Screening Room.


Resident Council—Meets on the second Tuesday of the month in the Screening Room.



- KEY**
- BIS Bistro
 - CFL Center for Learning
 - CFLE Center for Life Enhancement
 - CR Club Room
 - GR Great Room
 - SR Screening Room
 - TH Town Hall
- Monday**
- Yoga 10:30
 - Arts & Crafts 2
 - Political Discuss 4
- Tuesday**
- Water Aerobics 10
 - Boot Camp 3
 - Movie Club 7:15
- Wednesday**
- Low Impact Exer ... 10:30
 - Outing TBD
- Thursday**
- Boot Camp 10
 - Mental Fitness 11
 - Happy Hour 3
 - Musical Theatre 7
- Friday**
- Low Impact Exercise ... 11
 - Afternoon Docu 1:30
 - Shabbat Services 4
- Saturday**
- Fitness 10:45
 - Movie 7:15
- Sunday**
- Trivia w/Fritz 1:30
 - Entertainment 2:30

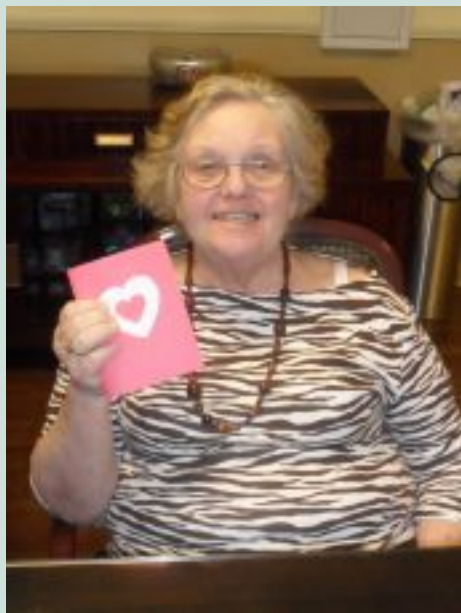
Sunday	Monday	Tuesday
<i>St. Patrick's Day</i>		<i>happy spring!</i>
3	4	5
<p>9:30 - Ralph's Shopping (OUT)</p> <p>10:30 - Chess Instruction (CR)</p> <p>1:30 - Trivia w/ Fritz (GR)</p> <p>2:00 - Nordstrom (OUT)</p> <p>2:30 - Entertainment w/ Elias w/ Love (GR)</p> <p>2:30 - Bingo (TH)</p> <p>7:15 - At the Movies: 500 Days of Summer (SR)</p>	<p>10:30 - Yoga W/ Laurie (TH)</p> <p>11:00 - Lunch & Van Gogh at Norton Simon Museum (OUT)</p> <p>1:30 - Bridge Groups (GR)</p> <p>2:00 - Jewelry & Beading (TH)</p> <p>4:00 - Political Discussion (CR)</p> <p>7:15 - Monday Musical: The Young Girls of Rochefort (SR)</p> <p>7:30 - Bingo (TH)</p>	<p>11:30 - BV Meet & Greet (BIS)</p> <p>1:30 - Movie Club w/ Merle: A Little Romance (SR)</p> <p>3:00 - Boot Camp (TH)</p> <p>4:00 - Computer Class (CFL)</p> <p>7:15 - Art History Lecture (SR)</p>
10	11	12
<p>9:30 - Ralph's Shopping (OUT)</p> <p>10:30 - Chess Instruction (CR)</p> <p>1:30 - Trivia w/ Fritz (GR)</p> <p>2:00 - Macy's (OUT)</p> <p>2:30 - Entertainment w/ Leonard Neil (GR)</p> <p>2:30 - Bingo (TH)</p> <p>7:15 - At the Movies: The Wildcat (SR)</p>	<p>10:30 - Yoga W/ Laurie (TH)</p> <p>1:30 - Bridge Groups (GR)</p> <p>2:00 - Painting (TH)</p> <p>4:00 - Political Discussion (CR)</p> <p>7:15 - Monday Musical: Gypsy (SR)</p> <p>7:30 - Bingo (TH)</p>	<p>11:30 - Mahjong (GR)</p> <p>1:30 - Resident Council (SR)</p> <p>2:45 - Movie Club w/ Merle: Remember the Titans (SR)</p> <p>3:00 - Boot Camp (TH)</p> <p>4:00 - Computer Class (CFL)</p> <p>7:00 - Jews on the Chocolate Trail (OUT)</p> <p>7:15 - At the Movies: In Time (SR)</p>
17	18	19
<p>9:30 - Ralph's Shopping (OUT)</p> <p>10:30 - Chess Instruction (CR)</p> <p>1:30 - Trivia w/ Fritz (GR)</p> <p>2:00 - Target (OUT)</p> <p>2:30 - Entertainment w/ Cameron Alan-Lee (GR)</p> <p>7:15 - At the Movies: We Bought a Zoo (SR)</p>	<p>10:30 - Yoga W/ Laurie (TH)</p> <p>1:30 - Bridge Groups (GR)</p> <p>2:00 - Jewelry & Beading (TH)</p> <p>4:00 - Political Discussion (CR)</p> <p>7:15 - Monday Musical: That's Entertainment 3 (SR)</p> <p>7:30 - Bingo (TH)</p>	<p>11:30 - MBA & Activities Meeting (SR)</p> <p>1:30 - Movie Club w/ Merle: Hopscotch (SR)</p> <p>3:00 - Boot Camp (TH)</p> <p>4:00 - Wii Bowling (GR)</p> <p>7:15 - At the Movies: Another Happy Day (SR)</p>
24/31	25	26
<p>9:30 - Ralph's Shopping (OUT)</p> <p>10:30 - Chess Instruction (CR)</p> <p>1:30 - Trivia w/ Fritz (GR)</p> <p>2:00 - Bed, Bath & Beyond (OUT)</p> <p>2:30 - Entertainment</p> <p>2:30 - Bingo (TH)</p> <p>7:15 - At the Movies (SR)</p>	<p>10:30 - Yoga W/ Laurie (TH)</p> <p>1:30 - Bridge Groups (GR)</p> <p>2:00 - Painting (TH)</p> <p>4:00 - Political Discussion (CR)</p> <p>4:30 - Passover Seder (JK)</p> <p>7:15 - Monday Musical: Music of the Heart (SR)</p> <p>7:30 - Bingo (TH)</p>	<p>11:30 - Mahjong (GR)</p> <p>1:30 - Chef Chat (SR)</p> <p>2:45 - Movie Club w/ Merle: The Band's Visit (SR)</p> <p>3:00 - Boot Camp (TH)</p> <p>4:00 - Computer Class (CFL)</p> <p>7:15 - At the Movies: Overboard (SR)</p>

March 2013

Wednesday	Thursday	Friday	Saturday
	 <p>All Designated MBA Activities Are Underlined in the Calendar</p>	<p><u>10:00 - Garden Club</u> ¹ <u>11:00 - Low Impact Bootcamp</u> (TH) 1:30 - Rummikub (GR) 1:30 - Afternoon Documentary: God Grew Tired of Us (SR) <u>3:00 - Reading w/ WUMC</u> (GR) 4:00 - Shabbat (CFL) 7:15 - At the Movies: Rebecca (SR)</p>	<p>9:15 - Trader Joe's/CVS (OUT) <u>10:45 - Song Appreciation w/ Scott</u> (SR) 1:00 - Local Errands 1:00 - Silk Scarves (TH) 1:30 - Sit & Be Fit (SR) 3:00 - Whole Foods (OUT) 3:30 - Rummikub (GR) 7:15 - At the Movies: I Don't Know How She Does It (SR)</p>
<p><u>10:30 - Low Impact Bootcamp</u> ⁶ (TH) 1:30 - Bridge (GR) <u>2:00 - Computers w/ Eric</u> (CFL) <u>3:30 - Current Events w/ Margot</u> (SR) 5:00 - Dinner at Benihana (OUT) 7:15 - At the Movies: The Sundowners (SR) 7:30 - Bingo (BIS)</p>	<p>⁷ 10:00 - Bootcamp (TH) 11:00 - The History of Puppet Theater (SR) 3:00 - Happy Hour w/ Sylvia Moara (GR) 4:00 - Pottery Class w/ Bitter Root Ceramics (TH) <u>7:00 - History of Musical Theater</u> (SR)</p>	<p>⁸ 10:00 - Garden Club <u>11:00 - Low Impact Bootcamp</u> (TH) 1:30 - Rummikub (GR) 1:30 - Afternoon Documentary: Seabiscuit: Untold Story (SR) 3:00 - Arts & Crafts (TH) 4:00 - Shabbat (CFL) 7:15 - At the Movies: One for the Money (SR)</p>	<p>9:15 - Trader Joe's/Rite Aid ⁹ <u>10:45 - Sit & Be Fit</u> (SR) 1:00 - Local Errands 1:30 - Opera Club (SR) 3:00 - Knitting/Crochet (CFL) 3:00 - Petco (OUT) 3:30 - Rummikub (GR) 3:30 - 'Cocktails in the Club' (CR) <i>MUST RSVP</i> 7:15 - At the Movies: Trouble With the Curve (SR)</p>
<p><u>10:30 - L/I Bootcamp</u> (TH) ¹³ 11:00 - Sandwiches at Kelly's & Beverly Hills Library (OUT) 1:30 - Bridge (GR) 2:00 - Travelin' Game Show (SR) <u>3:00 - Yiddish w/ Jack Roth</u> (SR) 7:15 - At the Movies: The Caine Mutiny (SR) 7:30 - Bingo (BIS)</p>	<p>¹⁴ 10:00 - Bootcamp (TH) 11:15 - Mental Fitness (CFL) <u>1:30 - Current Events w/ Margot</u> (SR) 3:00 - St. Patty Party w/ Kilgary Mountain Band! (GR) 4:15 Wii Bowling (GR) <u>7:00 - History of Musical Theater</u> (SR)</p>	<p>¹⁵ 10:00 - Garden Club <u>11:00 - Low Impact Bootcamp</u> (TH) 1:30 - Rummikub (GR) 1:30 - Afternoon Documentary: Deep Sea & The Hubble (SR) <u>3:00 - Reading w/ WUMC</u> (GR) 4:00 - Shabbat (CFL) 7:15 - At the Movies: The Lincoln Lawyer (SR)</p>	<p>¹⁶ 9:15 - Trader Joe's/CVS (OUT) <u>10:45 - Song Appreciation w/ Scott</u> (SR) 1:00 - Local Errands 1:00 - Silk Scarves (TH) 1:30 - Sit & Be Fit (SR) 3:00 - Whole Foods (OUT) 3:30 - Rummikub (GR) 7:15 - At the Movies: House of Rothschild (SR)</p>
<p><u>10:30 - Low Impact Bootcamp</u> ²⁰ (TH) 1:30 - Bridge (GR) <u>2:00 - Computers w/ Eric</u> (CFL) <u>3:30 - Current Events W/ Margot</u> (SR) 5:00 - Dinner at Chez Marie (OUT) 7:15 - At the Movies: The Visitor (SR) 7:30 - Bingo (BIS)</p>	<p>²¹ 10:00 - Bootcamp (TH) 11:15 - Mental Fitness (TH) 1:30 - Constitution Consideration Convention w/ Margot (SR) 3:00 - Happy Hour w/ Mark Cole (GR) 4:15 - Wii Bowling (GR) <u>7:00 - History of Musical Theater</u> (SR)</p>	<p>²² 10:00 - Garden Club <u>11:00 - Low Impact Bootcamp</u> (TH) 1:30 - Rummikub (GR) 1:30 - Afternoon Documentary: Cave of Forgotten Dreams (SR) 3:00 - Arts & Crafts (TH) 4:00 - Shabbat (CFL) 7:15 - At the Movies: Midnight Cowboy (SR)</p>	<p>²³ 9:15 - Trader Joe's/CVS (OUT) <u>10:45 - Sit & Be Fit</u> (SR) 1:00 - Local Errands 3:00 - Knitting/Crochet (CFL) 3:00 - Westwood Village (OUT) 3:30 - Rummikub (GR) 7:15 - At the Movies: Act of Valor (SR)</p>
<p><u>10:30 - Low Impact Bootcamp</u> ²⁷ (TH) 1:30 - Bridge (GR) 2:00 - Book Club (CFL) 4:00 - Wii Bowling (GR) 6:00 - UCLA Planetarium (OUT) 7:15 - At the Movies: The Notebook (SR) 7:30 - Bingo (BIS)</p>	<p>²⁸ 10:00 - Bootcamp (TH) 11:15 - Mental Fitness (TH) <u>1:30 - Current Events w/ Margot</u> (SR) 3:00 - Happy Hour w/ Neil Dorval (GR) 4:00 - Pottery Class w/ Bitter Root Ceramics (TH) <u>7:00 - History of Musical Theater</u> (SR)</p>	<p>²⁹ 10:00 - Garden Club <u>11:00 - Low Impact Bootcamp</u> (TH) 11:30 - Eye & Vision Lecture (SR) 1:30 - Rummikub (GR) 1:30 - Afternoon Documentary: All This Tea (SR) 4:00 - Shabbat (CFL) 7:15 - At the Movies: When Do We Eat? (SR)</p>	<p>³⁰ 9:15 - Trader Joe's/CVS (OUT) <u>10:45 - Sit & Be Fit</u> (SR) 1:00 - Local Errands 1:30 - Opera Club "Nabucco" (SR) 3:00 - Whole Foods (OUT) 3:30 - Rummikub (GR) 7:15 - At the Movies: The Philadelphia Story (SR)</p>



Picture This ...



Happy Valentine's Day, Darilyn!



Did you get a strike, Olga, Helene or Dr. Baum?



That is some view, Louise & Stan!

Circle of Friends

The Circle of Friends weekly outings on Tuesdays are always a highlight. In February, residents went to see the Academy Award nominated film *Life of Pi*. Residents loved the movie, finding the story to be heartfelt and visually beautiful to watch. Being able to watch the movie in 3D added a very fun element. Residents also had a blast while bowling at the AMF Bay Shore Lanes. Many residents had not been bowling in years, and enjoyed this blast from the past.

March will be another fun month of outings. One particularly exciting outing will be on March 12 to Duff's Cake Mix Decorating Studio on Melrose. Residents will be learning the art of cupcake decorating, and will get to eat the delicious treats they make!

New Activity Spotlight: Exercise Class With Paxxon

We have exercise classes lead by therapists working for Paxxon (Physical and Occupational Therapy program). **Exercise classes are Monday-Friday at 11:30 a.m.** in the Neighborhood Dayroom. Residents of all ability levels are able to participate with great success. As a result of the exercise classes, our **Music Therapy has started at 10:30 a.m. Wednesday.**

COF Outings March 2013

Tuesday, March 5
 Movie

Tuesday, March 12
 Duff's Cake Mix: Cupcake
 Decorating Studio

Tuesday, March 19
 Lunch

Tuesday, March 26
 Chinese American Museum

Neighborhood Vendor Spotlight: Rebecca Pfeifer

Rebecca is a native Californian who has provided music therapy services to patients and families in the Los Angeles for the last five years. She is also currently employed as a music therapist for Seasons Hospice and Palliative Care. Residents love having Rebecca join us for Music Therapy. For more information about music therapy or music therapy services, **join us for Music Therapy on Wednesdays at 10:30 a.m.**





DRCS Health Hints by Zara

Influenza Viruses

Infections with influenza viruses occur every year, either sporadically as local outbreaks or as widespread epidemic. Epidemics occur almost exclusively during the winter months. Attack rates are high among elderly and children populations, especially those with chronic medical conditions or chronic diseases.

A unique feature of influenza virus is the frequency with which antigenicity occur. Because of these alterations, variants of the viruses develop to which the population at risk has little or no resistance, which helps explain why influenza epidemics continue.

As we all know, prevention of influenza is best accomplished by annual vaccination especially for those who are at risk. Adjunctive therapy for influenza includes measures to provide symptomatic relief.

Increasing the fluid intake, remain in bed for a couple of days, cough medicine to relieve cough, antifebrile medicine to reduce fever. If suspected or proven with pneumonia, antibiotic should be administered.

Precautions must be observed to prevent the spread of the virus. It spreads by aerosol droplets

expelled during coughing or sneezing. Covering the mouth when coughing or sneezing is so important to remember. Hand washing and hand sanitizing must be observed at all times.

Environmental sanitation using bleach and water is an effective disinfectant (1/3 cup bleach in 1 gallon of water) to surfaces, tile floors, counters, sinks, toilets. A mixture of 1 tbsp bleach in 1 gallon of water can be used for food/mouth contact items, toys or stainless steel surfaces. Make sure to use chemical in a well-ventilated areas. Handle contaminated material as little as possible. Again, observe handwashing and hand sanitizing at all times. And if you haven't received a flu vaccine, it's not too late. Get vaccinated now.



DRCS Zara & Mildred at Mardi Gras!

Resident Services

Beauty Shop: Located on the 2nd floor. Go to the Salon for appointments.

Marketplace: Toiletries, snacks, etc., for purchase. See the receptionist.

Dry Cleaning: Available through an outside service. See the receptionist to arrange for pickup and delivery.

Podiatrist: Available on a monthly basis. For appointment, see Wellness Center staff.

Physical/Occupational/Speech Therapy: Available in the CFLE on the 1st floor. See one of the therapists for an assessment/appointment.

Maintenance Services: Work order requests go to Concierge desk. The Concierge will fill out a work order form for the Building Engineer to pick up.

Concierge Services: Local reservations and transportation, 9 a.m.–5:30 p.m.



The fantastic Mud Bug Brass Band at Mardi Gras!

A Picture Is Worth a Thousand Words



Iris & Alan Magidoff at dinner!



Frances & Robin reading w/ WUMC.



Tomi, Arlene & UCLA students ...



Alex at our Super Bowl Party!



Maxine, Elliot & Anne!



Best Mardi Gras Party west of Nawlins!



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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)