



Belmont Village at Buckhead Village NEWS



5455 Glenridge Drive NE • Atlanta, GA 30342 • Tel 404-252-6271 • Fax 404-252-6508

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

August 2016

Clint Strickland

Executive Director
(404) 252-6271 x 11
cstrickland@belmontvillage.com

Theresa Jackson

Director of Resident Care
Services
(404) 252-6271 x 15
tjackson@belmontvillage.com

Patricia Mann

Chef Manager
(404) 252-6271 x 29
pmann@belmontvillage.com

Tim Rainey

Building Engineer
(404) 252-6271 x 26
trainey@belmontvillage.com

Mary Ellen Wilkins

Activity Memory Program
Coordinator
(404) 252-6271 x 36
mewilkins@belmontvillage.com

Lee Shaffer

Community Relations
(404) 252-6271 x 30
lshaffer@belmontvillage.com

Sundra Walker

Human Resources
(404) 252-6271 x 20
swalker@belmontvillage.com

Deborah Papenhagen

Community Relations
(404) 252-6271 x 27
dpapenhagen@
belmontvillage.com



Clint Strickland, Executive Director

Fair Fun

The idea began in the early 1800s, when a wealthy Massachusetts farmer showed off his sheep in a town square. In 1841, New York became the site of the first state fair. More than 10,000 people gathered in Syracuse to hear speeches, see animal exhibits and cheer on a plowing contest.

In earlier days, these annual gatherings allowed isolated farm families a chance to socialize after bringing in their crops, as well as learn better farming methods. Today, competition, education and celebration continue to be at the heart of every fair.

The State Fair Is Here!

August 6th is our Annual State Fair. The residents and employees have been hard at work decorating cows for the big event. The State Fair is for residents, family and friends. Lunch is served from 11:30 a.m. to 1 p.m. and consists of "fair" type food. Games run from 1 to 3 p.m.

It is guaranteed to be a fun day for all!

What's **NEW!** New?

Below you will find a listing of this month's activities!

- 8/4- Sing-a-long with June 3:30pm
- 8/5- Mix & Mingle with Kayla Taylor 3:00pm
- 8/6- Annual State Fair 12:00pm
- 8/7- Guitar with Valerie 2:00pm
- 8/10- Free Smoothies with Juice Plus 3:00pm
- 8/12- Mix & Mingle with Jeni Michaelson 3:00pm



- 8/13- Traditional Christian Service 2:00pm
- 8/17- Not so Classical Harp with Monica Hargrave 3:00pm
- 8/19- Mix & Mingle with Robert Meadows 3:00pm
- 8/25- Resident Birthday Celebration with Lawrence Langston 11:30am
- 8/26- Mix & Mingle with Taylor Brooks 3:00pm
- 8/30- Karaoke Crooners 2:30pm



Residents

August 1	Bill Whiteside
August 8	Catherine Loftus
August 13	Stephen Ortlip
August 16	Alison Brister

Employees

August 1	Lee Shaffer
August 3	Sharon Carter
August 8	Kady Gueye
August 15	Malerie Thomas
August 16	Demtrica Burke
August 27	Aleasha Stephens
August 27	Jasmine Lucas



It is a Belmont Village tradition to celebrate residents' birthdays each month with a special birthday luncheon. Each resident may bring one guest "on the house." This month's luncheon is on **Thursday, August 25th, at 11:30 a.m.** Please note there will be an **extra charge per additional guest.** We **MUST** have your RSVP to the Concierge by noon on **Friday, August 19th.** Thank you!

Laugh Lines: How Hot Is It?

You know it's hot when ...

- Birds need potholders to pull worms out of the ground.
- Farmers feed their hens crushed ice so they won't lay hard-boiled eggs.
- You need a spatula to change your clothing.
- A scalding shower cools you down.
- Cows give evaporated milk.
- A dog is chasing a cat, and they're both walking.
- The directions on a can of soup say, "Just pour and eat."
- You notice your car overheating before you drive it.
- The best parking place is determined by shade instead of distance.
- Pigs complain about sweating like humans.



Buckhead's Welcoming Committee

Please join us for the New Resident "Meet and Greet" on Wednesday, August 3rd, at 3:00p.m, in the Great Room. We have several new residents who have joined our Belmont family. Enjoy some great fellowship and let us introduce our Welcoming Committee: Helen Nyimicz, Valjean Young, Eli Jacobs, Ina Fishman and Nancy Walker. They are available to answer questions and encourage participation in the activities within the community.

Employee of the Month



Dan Groover & Allison

Congratulations to Allison Ellis, Buckhead's Employee of the Month for August. Allison is the newest member of the Activity Department. She brings a smile and a positive attitude to work every day. Although she was hired as an Activity Assistant for Circle of Friends #2 she has demonstrated "teamwork" by assisting in other departments and working in all areas in the Activity Department. She has developed great relationships with the residents and is an asset to Belmont. Congratulations, Allison!!!



Good Old Red, White & Blue!



Cheers to You!



Hello World!



Friends with Paws!



Here's to First Place!



Stop & Smell the Flowers!



It's a Grand Old Flag!



Good Friends!

Transportation

Please see the concierge to schedule your personal transportation needs (i.e., **doctors' appointments**).

Transportation is on a first-come, first-served basis and is offered within a 10-mile radius.

We need one week's notice for all appointments. If your family member needs someone to accompany them, it should be arranged with Theresa one week prior to the appointment.

Mondays and Thursdays, the last appointment scheduled is no later than 2 p.m. The last pickup is at 3 p.m.



Resident Services

August Senior Living Outings

- 2 High Museum of Art
- 9 Midtown Bowl
- 16 Shopping at Kroger
- 23 Ben Hur at Cinebistro
- 30 Lunch at Golden Buddha

Salon

Ms. Valerie is at Belmont Village on Mondays and Thursdays for hair appointments, with nails on Fridays. Make your appointment with the Concierge by calling (404) 252-6271.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 TH Lindy's Yoga Class 11:00 B Belmont Bakers: Watermelon Rice Krispies Treats 1:30 CO Belmont Literary Society: Chicken Soup for the Grandparent's Soul 3:00 B Table Games: Scrabble 6:00 B BV Card Sharks: Uno	10:00 TH Fitness with Paxxon 11:00 CO Wii Games: Bowling 12:30 Outing: High Museum of Art 3:00 CO Holy Spirit Catholic Communion Services 6:00 B Bistro Bingo 6:30 CO Cinema Night!	10:00 TH Fitness With Paxxon 11:00 CO What's Happening Politically? 1:30 B Culinarians with Guest Chef: Ina Fishman 3:00 GR New Resident Meet and Greet 6:00 B BV Card Sharks: Gin Rummy	10:00 TH Whoga with Lisa 11:00 CL Tech Savvy: My Gait Computers 1:30 B Craftivity: DIY Mandalas 3:30 GR Sing-A-Longs with June 6:00 B Table Games: Boggle 6:30 CO Cinema Night!	10:45 TH Platinum Fitness 11:00 TH Wii Games: Baseball 1:30 B Brain Games: Sudoku 3:00 GR Mix & Mingle with Kayla Taylor 6:00 B Table Games: Family Feud 6:15 CO Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 12:00 FL Annual State Fair 1:00 CE Bible Study 2:30 B Mental Fitness: Brain Teasers 3:30 B Mental Fitness: Math Minds 6:00 B BV Card Sharks: Phase 10 6:30 TH Cinema Night!
7	8	9	10	11	12	13
10:00 TH Upper Body Fitness Class 11:00 TH Catholic Church Webcast 2:00 GR Ice Cream Delights with Valerie Snyder 3:00 GR Reflections Discussion Group 3:30 B Brain Games: Trivial Pursuit 6:00 B Bistro Bingo	10:00 TH Lindy's Yoga Class 11:00 CO Absentee Voting Applications 1:30 CO Belmont Literary Society: Chicken Soup for the Grandparent's Soul 3:00 B Table Games: Scrabble 6:00 B BV Card Sharks: Gin Rummy	10:00 TH Fitness with Paxxon 11:00 CO Wii Games: Bowling 12:30 Midtown Bowl 1:30 TH Health Chat with Paxxon 3:00 B Travel & Discovery: Germany 6:00 B Bistro Bingo 6:30 CO Cinema Night!	10:00 TH Fitness With Paxxon 11:00 CO What's Happening in Entertainment? 1:30 B Painting with Pizazz 3:00 FP Free Smoothie Event with Juice Plus 6:00 B BV Card Sharks: Poker	10:00 TH Fitness With Paxxon 11:00 CL Tech Savvy: My Gait Computers 11:00 CE Parkinson's Support Group 1:30 B Creative Crafts with Charlotte 3:00 BP Gardening Club 6:00 CE Family Support Group 6:30 CO Cinema Night! 6:30 B Table Games: Sorry	10:45 TH Platinum Fitness 11:00 CO Wii Games: Tennis 1:30 B Mental Fitness: Word Games 3:00 GR Mix & Mingle with Jeni Michaelson 6:00 B Table Games: Who Wants to Be A Millionaire 6:15 CO Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 2:00 GR Traditional Christian Service with 1st Alliance Church 3:30 B Mental Fitness: Math Minds 6:00 B Community Bingo 6:30 TH Cinema Night!
14	15	16	17	18	19	20
10:00 TH Upper Body Fitness Class 10:45 B Mental Fitness: Crossword Challenge 11:00 TH Presbyterian Church Webcast 2:00 GR Ice Cream Delights! 3:00 GR Reflections Discussion Group 3:30 GR Intro to Sketching with Darrius 6:00 B Bistro Bingo	10:00 TH Lindy's Yoga Class 11:00 B Belmont Bakers: Banana Bread Cookies 1:30 CO Belmont Literary Society: Chicken Soup for the Grandparent's Soul 3:00 CO Table Games: Scrabble 6:00 B BV Card Sharks: Uno	10:00 TH Fitness with Paxxon 11:00 CO Wii Games: Bowling 1:00 Outing: Shopping at Kroger 3:00 CO Peaceful Harbor Nondemoninational Service 4:15 CE New Family Orientation 6:00 B Bistro Bingo 6:30 CO Cinema Night!	10:00 TH Fitness With Paxxon 11:00 CO What's Happening Globally? 1:30 B Intro to Sketching 3:00 GR Not So Classical Harp with Monica Hargrave 6:00 B BV Card Sharks: Gin Rummy	10:00 TH Fitness With Paxxon 11:00 CL Tech Savvy: My Gait Computers 1:30 B Craftivity: Silicone Bracelets 3:00 B Travel & Discovery: France 6:00 B Table Games: Scrabble 6:30 CO Cinema Night!	10:00 TH Fitness with Paxxon 11:00 TH Wii Games: Baseball 1:30 B Brain Games: Sudoku 3:00 GR Mix & Mingle with Robert Meadows 6:00 B Table Games: Family Feud 6:15 CO Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 2:30 B Mental Fitness: Brain Teasers 3:30 B Mental Fitness: Math Minds 6:00 B BV Card Sharks: Phase 10 6:30 TH Cinema Night!
21	22	23	24	25	26	27
10:00 TH Methodist Church Webcast 10:00 TH Upper Body Fitness Class 2:00 GR Ice Cream Delights! 3:00 GR Reflections Discussion Group 3:30 B Brain Games: Trivial Pursuit 6:00 B Bistro Bingo	10:00 TH Lindy's Yoga Class 11:00 B Science Discovery: DIY Crystal Soap 1:30 B Belmont Literary Society: Chicken Soup for the Grandparent's Soul 3:00 TH Music Education with Dennis 6:00 B BV Card Sharks: Gin Rummy	10:00 TH Fitness with Paxxon 11:00 TH Wii Games: Bowling 12:30 Outing: Ben Hur at CineBistro 3:00 GR Finding Your Spiritual Strength 6:00 B Bistro Bingo 6:30 CO Cinema Night!	10:00 TH Fitness With Paxxon 11:00 CO What's Happening Locally? 1:30 B Painting with Pizazz 3:00 B Mental Fitness: Crossword Challenge 6:00 B BV Card Sharks: Poker	10:00 TH Fitness With Paxxon 11:00 CL Tech Savvy: My Gait Computers 11:00 CE Parkinson's Support Group 1:30 B Creative Crafts with Charlotte 6:30 CO Cinema Night! 6:30 B Table Games: Sorry	10:00 TH Fitness with Paxxon 11:00 CO Wii Games: Tennis 1:30 B Mental Fitness: Word Games 3:00 GR Mix & Mingle with Taylor Brooks 6:00 B Table Games: Who Wants to Be A Millionaire 6:15 CO Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 2:30 B Brain Games: Anagram Puzzles 3:30 B Mental Fitness: Math Minds 6:00 B Community Bingo 6:30 TH Cinema Night!
28	29	30	31			
10:00 TH Upper Body Fitness Class 11:00 TH Presbyterian Church Webcast 2:00 GR Ice Cream Delights! 3:00 GR Reflections Discussion Group 3:30 GR Intro to Sketching with Darrius 6:00 B Bistro Bingo	10:00 TH Lindy's Yoga Class 11:00 B Belmont Bakers: Mickey Mouse Pie Pops 1:30 CO Belmont Literary Society: Chicken Soup for the Grandparent's Soul 3:30 CO Table Games: Scrabble 6:00 B BV Card Sharks: Uno	10:00 TH Fitness with Paxxon 10:00 Lunch at Golden Buddha 1:00 CO Wii Games: Bowling 2:30 GR Karaoke Crooners 3:30 GR Resident Council Meeting 6:00 B Bistro Bingo 6:30 CO Cinema Night!	10:00 TH Fitness With Paxxon 11:00 CO What's Happening Politically? 1:30 B Chat with the Chef 3:00 B Intro to Sketching 6:00 B BV Card Sharks: Gin Rummy			



Josephine's Kitchen

Chat With the Chef

Come join our Chef Anthony as he shares his culinary wonders! This month's Chat with the Chef will be held Wednesday, August 31st, at 1:30pm!

Culinarians

Come Join our Guest Chef, Ina Fishman as she teaches us how to make Elotes Con Crema (Mexican Street Corn) on Wednesday, August 3rd, at 1:30pm!



Mix and Mingle Socials

- August 5 Kayla Taylor
- August 12 Jeni Michaelson
- August 19 Robert Meadows
- August 26 Taylor Brooks



{AUGUST} HAPPINESS HAPPENS MONTH

Make it happen!



Circle of Friends & Neighborhood



Out & About



Ten Pin Alley!

Neighborhood Outings

- 5th- Georgia Aquarium
10:00am
- 12th- Scenic Community Drive
10:30am
- 19th- Lunch at the Atlanta Fish Market
10:00am
- 26th- Scenic Community Drive
10:30 am

Circle of Friends Outings

- 3rd- Bruster's Real Ice Cream
1:30pm
- 10th- IMAX "National Parks Adventure"
10:00am
- 17th- Scenic Community Drive
1:30pm
- 24th- Lunch at The Varsity
11:00am
- 31st- Movie at the Picture Show
TBA



You are my Sunshine!



Physical Activity in Older Adults

Many people decrease their exercise as they age but continuing to exercise has definite benefits for older people. Being fit is important to everyone. Flexibility and stretching, which help provide a full range of motion for muscles and joints, can help you function better. Everyday tasks that are difficult, such as getting up, walking, tying shoelaces or reaching to a shelf may become easier. When you stay flexible, you also keep a more natural walking pattern and decrease your chance of falling. Most flexibility that is seemingly lost through aging is caused not only by aging but also by inactivity or lack of movement. Aerobic exercise strengthens the heart and reduces the risk of coronary artery disease. It can also increase the amount of sleep you get at night and may reduce the time it takes to fall asleep.

Strengthening exercises can help you maintain your muscle, strengthen bones, and protect knees and other joints. These exercises may include, resistance training, such as lifting weights, and weight bearing such as walking, jogging or dancing.

Your physical activity does not have to be strenuous. Older adults can gain significant health benefits with a moderate amount of physical activity. This can be done in longer sessions of moderately intense activities such as walking or in shorter sessions of more vigorous activities such as fast walking or stair walking. You can benefit from physical activity even if you think of yourself as elderly or you already have old age conditions such as osteoarthritis or heart disease. Being more active may improve your quality of life and can prevent or delay disability.



It is advisable to talk to your doctor before starting a fitness program. You may have health problems that limit what you can do.

At Belmont Village we have exercise classes available for all residents every day in the Town Hall. We also have exercise equipment available at the Center for Life Enhancement for the residents to use when supervised by a Physical Therapist.

OPERATION GIVE BACK: SCHOOL SUPPLY DRIVE

It's that time again! The summer is coming to an end and school will be back in session before we know it. So, the residents of Belmont Village would like to collect basic school supplies from the list below. We are collecting donations from now until August 30th at the Front Desk.

All donated supplies will go to Highpoint Elementary School.

SCHOOL SUPPLY LIST

- Backpacks
- Wide-Ruled Notebook Paper
- Composition Books
- Spiral Notebooks
- Three-Ring Binders, 1 & 2 inch
- Tabbed Dividers (writable)
- Pens (black, red, blue)
- Washable Markers, Crayons, Colored Pencils
- No. 2 Pencils
- Pencil Box/Case
- Large Glue Sticks
- Elmer's Glue
- Children's Scissors
- Construction Paper
- Index cards
- Hand Sanitizer
- Tissue

Thank you for your kindness and generosity,
The Residents of Belmont Village

Happenings in the Neighborhood



Happy Father's Day!



Say Cheese!



Let's Do a Jig!



All Smiles!



Put on a Happy Face!



Coffee & a Chat!

BELMONT *Village*
SENIOR LIVING
BUCKHEAD

5455 Glenridge Drive NE
Atlanta, GA 30342

PC Lic. 60030281
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