



Belmont Village of Memphis

VillageNEWS

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

August 2016

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Go for the Gold

I don't know about all of you, but I love the Summer Olympics! The track and field events leave you on the edge of your seat and I marvel at the speed and grace of the swimmers. My favorite event is gymnastics! I remember as a child I would practice on a make-shift balance beam in my backyard. Of course that was a bit unnerving for my parents, so I was signed up at gymnastic lessons at the local community center. Considering that I was about 5 to 6 inches taller than the other girls (and boys), I turned out not to be the superstar of the team in terms of grace, but you should have seen me on the parallel bars and the vault. My length and speed definitely helped me in those events. My plastic medals from local events sure felt like gold medals to me! Oh, those were the days.

Here are some interesting facts about the Olympics:

Real Gold Medals

The last Olympic gold medals that were made entirely out of gold were awarded in 1912.

The Olympic Flag

Created by Pierre de Coubertin in 1914, the Olympic flag contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green and red. The colors were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games.

Women

Women were first allowed to participate in 1900 at the second modern Olympic Games.

Enjoy the 2016 Summer Olympics in Rio! I can't wait to see the United States bring home the gold!





Birthday Luncheon

Friday, August 26, at
11 a.m. (JK)

RESIDENT BIRTHDAYS

- AUGUST 7 SARAH MAIDEN
- AUGUST 19 BARBARA Y.
- AUGUST 20 HELEN V.
- AUGUST 22 TOMMIE EVANS
- AUGUST 26 FRED MORTON
- AUGUST 30 THOMAS G.
- AUGUST 30 JUNE T.
- AUGUST 31 BARBARA L.



EMPLOYEE BIRTHDAYS

- AUGUST 7 LINDA COOPER
- AUGUST 16 JUAN MALONE
- AUGUST 22 DANTEL W.
- AUGUST 22 URSELA H.
- AUGUST 26 ASHLEY J.
- AUGUST 29 CHERITA STREET
- AUGUST 29 KYMEETRA B.



Employee of the Month



Julian Malone, Dishwasher

The August Employee of the Month goes to Julian Malone. Julian, also known as Juan to most people, has been with Belmont for a year now and is our hardworking dishwasher in Josephine's Kitchen. Juan was

born in Memphis and attended Manassas High. He has two children, Shineica and Donovan, and one grandchild. During his spare time, Juan enjoys putting together model cars and reading. Juan is a big Dallas Cowboys fan and his favorite player is Dez Bryant. Two places that Juan has traveled and would say that are his favorite places to visit would be Las Vegas and California.

Congratulations, Juan. Thank you for all you do!



NOMINATE YOUR FAVORITE EMPLOYEE

Our "Employee of the Month" suggestion box is located in the Great Room.

FLOWER OF THE MONTH | AUGUST

Gladiolus
Strength and
beauty





Physical Activity for 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 a Physical Fitness Program available for all residents with consents from their doctor. The program is coordinated by a personal trainer. The Sit and Be Fit Exercise group also meets Monday through Friday at the Town Hall. We also have exercise equipment available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer.



TRANSPORTATION FRIENDLY REMINDER!

Our concierge is always happy to assist you with your transportation needs. **PLEASE GIVE AT LEAST A 24-HOUR NOTICE.** It helps with the planning of the driver's schedule. Thank you.

DOCTORS' APPOINTMENTS:

Please make all appointments on Monday, Wednesday or Friday before 2:30 p.m. **SHOULD ANY OF YOUR APPOINTMENTS BE CANCELLED, PLEASE KINDLY INFORM THE CONCIERGE STAFF.**

SHOPPING DAYS

Weekends at 1:30 p.m.
Walgreens and Kroger
Mondays at 12:30 p.m.

Thrift Store

1st Wednesday at 9:45 a.m.

MYSTERY DRIVES

Every Saturday

TEMPLE TRANSPORTATION

Available every Friday and Sunday.

CHURCH

TRANSPORTATION

Available every Sunday.



Out & About

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 10:30 B Welcome to August 12:30 Shopping- Walgreens/Kroger 2:00 CL Dan the History Man 🌿 4:00 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch Outing ★ 1:15 CL Communion 2:00 CL Brain Game 🌿 3:00 TH Bingo	9:00 B Trivia: Mental Floss 🌿 9:45 Shopping- Thrift Store 10:00 TH Exercise- Balance 🌿 10:30 CL Dead Man's Hand Game 1:00 CL Marketplace 2:00 CL Putt-Putt 3:00 JK Wine and Cheese	9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 10:30 B Where in the U.S.-Natchez,MS 11:30 TH MEN'S LUNCHEON 2:00 B "Champagne Cocktail Hour" 3:00 TH Bingo 6:30 TH Comedy Hour	9:00 B Trivia: Mental Floss 🌿 9:30 TH Catholic Communion Service W/Carlos 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 1:30 CL Welcoming Committee 4:00 B Happy Hour 4:15 TH Shabbat with David	9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 3:00 GR Music with Steve and Friends 6:30 TH Bingo
7	8	9	10	11	12	13
9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Stein Mart ★ 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 10:30 CL Glass Fusing 🌿 10:30 B Games of the XXXI Olympiad 12:30 Shopping- Walgreens/Kroger 2:00 CL Reliving American Bandstand 4:00 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch Outing ★ 1:15 CL Communion 2:00 CL Baby Boomers Trivia 3:00 TH Bingo	9:00 B Trivia: Mental Floss 🌿 9:30 TH Devotional with Becky 10:00 TH Exercise- Balance 🌿 10:30 CL UNO 1:00 CL Marketplace 2:00 CL Healthy Living 🌿 3:00 JK Wine and Cheese	9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 11:00 IMAX Outing 3:00 TH Bingo 6:30 TH Comedy Hour	9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 4:00 B Happy Hour	9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 6:30 TH Bingo
14	15	16	17	18	19	20
9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 12:30 Shopping- Walgreens/Kroger 4:00 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch Outing ★ 1:15 CL Communion 3:00 TH Bingo	9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Balance 🌿 1:00 CL Marketplace 3:00 JK Wine and Cheese	9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 3:00 TH Entertainment: Oklahoma 6:30 TH Bingo	9:00 B Trivia: Mental Floss 🌿 9:30 TH Catholic Communion Service W/Carlos 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 4:00 B Happy Hour	9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 6:30 TH Bingo
21	22	23	24	25	26	27
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28	29	30	31			
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**AUGUST
ENTERTAINMENT
SCHEDULE**

- AUG. 3 TBA
- AUG. 10 DANIEL LUND
- AUG. 17 RUDY MARTIN
- AUG. 24 CHARLES NORMAN
- AUG. 31 CAMERON

**BLAST FROM
THE PAST!**



Stephanie, Cha-Cha and Tillie



Lisa and her grandmother



Celeste and her daughter



**Congratulations to Our
New Sous Chef and
Dining Room
Coordinator**

Belmont is pleased to announce our new Sous Chef, Darrius Coleman. Darrius may be new to the position but he has been with Belmont for a while now. He has definitely shown us his talent and we are very happy to have him on the team! Along with our new Sous Chef, we also would like to congratulate our new Dining Room Coordinator, Vivian Smith. Vivian has worn many hats at Belmont Village. She has taken on the roles as dining room server, driver, and a private sitter. Once again, congratulations to you both and keep up the great work!

Congratulations!

**Remember When:
Blackboards**

For many students, the blackboard was a classroom fixture, and cleaning its erasers was a common school day chore. The black slate boards were reportedly first used at the U.S. Military Academy at West Point, N.Y., in 1801. In the 1960s, schools changed to boards that were made of steel, coated with porcelain-based enamel and tinted green. The color was considered easier on the eyes, and chalk lines erased more easily from the coated surface.





COF AND NEIGHBORHOOD DISCOVERIES

Unusual Facts about the American REVOLUTION

Sabrina Rojas Weiss posted on Ancestry.com the following interesting and little-known facts about our Revolutionary War.

The Boston Tea Party Had a Sequel - We all know that on December 16, 1773, Boston's Sons of Liberty dressed as Mohawk Indians and tossed 342 chests of tea into the Boston Harbor to protest the taxes imposed in the Tea Act. But we forget that they felt the need to hammer the point home with a second party, on March 7, 1774 — probably because they grabbed only 16 chests of tea.

Sweet Revenge - While it was common practice for Patriots to tar and feather Loyalists, the Daughters of Liberty had a less painful alternative: They used molasses and flowers instead.

Drag King on the Front Line - In 1782, 21-year-old Deborah Sampson dressed as a man, called herself Robert Shurtleiff Sampson (after a deceased brother), and enlisted in the Fourth Massachusetts Regiment of the Continental Army. She served until a doctor discovered her secret while treating her for an unhealed injury. She was discharged with honor.

Forget That Paul Revere Guy,

Meet Sybil - The Boston silversmith was actually accompanied by 40 other men on his midnight ride to sound the alarm that the British were coming. But two years later, 16-year-old Sybil Ludington, the daughter of a colonel, rode 40 miles on her own from 9 p.m. to dawn to alert New York militia members that the Brits were burning down Danbury, Connecticut.

British Invasion on Broadway - In cities such as New York that were controlled by the British Army, some soldiers took time to act in professionally produced plays during the war.

Jack Sparrow, Patriot? - Since they didn't have money for a big Navy, the Continental Congress hired privateers, aka pirates, to attack British ships. They were then supposed to split the booty with the U.S.

Thank That French Kid - The Marquis de Lafayette, who was instrumental in General Washington's defeat of the British at Yorktown in 1781, was only 19 when he became a major general in 1777.

George Washington's Teeth Were a Lie - The general's dentures weren't made of wood, as legend has it, but rather of hippopotamus ivory and cows' teeth, held in place by metal springs. Fancy!

Health News

DR. SHAINBERG -PODIATRIST

On-site visits 1st Wed. of every month. Dr. Shainberg's fee is \$40 (cash or check) at time of service. Please turn in your payment to Linda Bello, DRCS.

GAMMA LABS

On-site collection services weekly on Thursdays.

INTERNAL MEDICINE OF THE MIDSOUTH

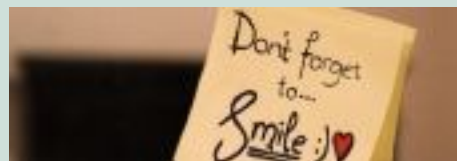
Dr. Randy Villanueva will be here every Thursday.

-Wellness Center (2nd floor)

Appointments and questions, please see Linda Bello, DRCS.

To Your Health: Smile!

Researchers at the University of Kansas found that smiling lowers stress, and it doesn't matter if you're really happy or just faking it. Participants in the study who put on a smile—fake or genuine—had lower heart rates than those with neutral expressions when doing a stressful task.



Belmont Village Scene



4th of July fun!



Uncle Sam wants you!



Ms. Lennox and her daughters



Ms. Nash loved the BBQ!



Bob and Sharon enjoying the festivities.

BELMONT *Village*
SENIOR LIVING
MEMPHIS

6605 N. Quail Hollow Road
Memphis, TN 38120

ACLF Lic. 102
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