



Belmont Village of St. Matthews VillageNEWS

  4600 Bowling Boulevard • Louisville, KY 40207 • Phone 502-721-7500 • Fax 502-896-8224

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

August 2016

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A Note From Your Executive Director

Didn't summer *JUST* start yesterday? How can it already be August, with school starting again and cooler weather right down the road. I sure haven't had enough of wearing light clothing, sitting outside with a tall glass of iced tea and enjoying all the events that summer offers.

Be sure to look at Kathryn's article on "Summer Bucket Lists" on page six. It sure got me thinking!

A HUGE *THANK YOU* to the families of Catherine and Odette & Sherrill for taking such great care of our two gardens this summer. They have never looked so healthy - we are excited to see the vegetables growing and can't wait to sample them.

August is the host of several fun days - including Watermelon Day, Banana Split Day, Friendship Day, American Artists Appreciation Month, National Parks Month, National Dog Day - and many others!

We plan to celebrate many of them in our own community - both to learn new things such as studying the art of American artists, to building our own banana splits.

August 15 is National Best Friend Day. Who is *YOUR* best friend? Someone who is there for

you; to laugh and cry with you; to call you out when needed. Take the time this month to recognize the importance of that person in your life.

In honor of National Dog Day, we are having a Dog Photo Contest. Of course, everyone thinks their own furry family member is the cutest in the universe! Submit your photo to the Concierge at the Front Desk by **August 15**. A 1st, 2nd and 3rd place will be awarded with \$25, \$20 and \$15 gift cards given to the winner. **Good Luck!**

Also, be sure to join us for our annual **Hawaiian Luau on August 24th from 4:30 to 7:00 p.m.** Chef Steve and his team go all out to create an authentic Hawaiian cuisine. Live music will compliment the event and, of course, let's not forget those frozen drinks! See page two for more information.

As always, my door is always open to you. Even if it's just for a friendly "hi," stop by!

Ted





August Resident Birthdays

- 8/12 Jim Bush
- 8/13 Martha Farmer
- 8/16 Anne Ahlander
- 8/18 Helen Belshoff
- 8/26 Barbara Harding
- 8/28 Shirley Waltrip
- 8/30 Elizabeth Bickett



August Staff Birthdays

- 8/6 Ndeye Gueye
- 8/13 Karen Swan
- 8/16 Nadege Mulenge
- 8/17 Semonia Cooksey
- 8/17 Lisa Gough
- 8/20 Esther Mzembe
- 8/23 Lowell Sutton
- 8/22 Deborah Fakunle
- 8/24 Carmil Dickerson
- 8/24 Steve Ross
- 8/25 Shannon Baldon
- 8/25 Annette Graves
- 8/27 Noella Nyemba

August Staff Anniversaries

- 4 years Thelma Mathis
- 16 years Françoise Mulunge
- 4 years Eva Nderitu
- 6 years Ashley Summers

Ho'olu Komo La Kauna
Which means PLEASE JOIN US
for our
Annual Hawaiian Luau on
Wednesday, Aug. 24, 2016, from
4:30 to 7 p.m.

Chef Steve and his team are preparing a buffet with a multitude of traditional Hawaiian fair, including Piña Colodas, Island Coleslaw (with cabbage, Mandarin oranges, pineapples, raisins, coconut, macadamia nuts and more).

We'll also enjoy fresh grilled Mahi Mahi, tropical fruit trays and other native dishes. Live music will accompany us! Cost per adult guest is \$14.

This year we will also be awarding "THE BEST TROPICAL ATTIRE" Award to the Man and Woman who come wearing the most original, fun, Hawaiian attire.

So wear your brightest

Hawaiian shirt, pull out that grass skirt or mumu and we'll provide the leis and great food!

Reservations are required by August 17 by calling 721-7500.



Your Management Team: Top L to R: Armando, Steve, Sharon, Bev & Ted. Bottom L to R: Lorinda, Sheri, Kathryn & Samantha



What Is YOUR Physical Activity Level?

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 meet Monday through Friday at the Town Hall. We also have several exercise equipments available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer.



Low vision is a loss of eyesight that makes everyday tasks difficult. A person with **low vision** may find it difficult to accomplish activities, such as reading, writing, shopping, watching television, or recognizing faces. A VARIETY OF EYE CONDITIONS, including macular degeneration, glaucoma, and diabetic retinopathy, can make it difficult to complete daily tasks. Our therapists can help people with low vision function at the highest possible level.

- **Prevent Accidents and Injury:** Recommending lighting that will be most effective, pointing out potential hazards and showing ways to do something in a different way. **Teach New Skills:** Techniques such as eccentric viewing, visual tracking, and visual scanning can help people learn to use their remaining vision more efficiently. **Modify the Task or Environment:** Such as recommending adapted equipment tailored to the person's needs, and providing training in low-vision tools such as magnifiers.

Please feel free stop by the Gym and see us or call us at 502-895-7887.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>10:00 Out to Walmart 10:00 TH Dancercise class with Tori ♥ 10:30 TH Whole Brain Fitness & Trivia Fun with Kathryn 🌿 2:00 TH Bible Study with Chaplain 🌿 3:00 TH Spelling Bee - WHO is our Champion! 🌿 6:30 TH Bingo with Karen</p>	<p>National Coloring Day 10:00 TH Building our Balance Exercise Class ♥ 10:30 Out to Dollar Tree 2:00 TH Coloring like the Great Masters 3:00 TH Bells & Beaus Choral Practice 🌿 6:30 B Bridge Games 6:30 TH Bingo w/Kelly</p>	<p>10:00 TH Morning Stretches ♥ 10:00 Out to Kroger 10:30 TH Whole Brain Fitness & Trivia/Kathryn 🌿 12:15 To Locust Grove: Historical Lecture: African American Neighborhoods in Louisville 🌿 2:00 L Catholic Rosary 3:00 GR Guest Guitarist Chris Performs 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing</p>	<p>10:00 TH Body Pump: Using Weights & Flex Bands 10:30 TH Boutique Building w/Kathryn - Animal Silhouettes 2:00 TH Lecture Series: Ky. in the Civil War 🌿 3:00 TH Creative Beading with Wendy 🌿 6:30 GR Board games w/Concierge</p>	<p>Olympics Begin 9:30 Bank Runs 10:00 TH Gentle Flexing & Relaxation Techniques Class ♥ 10:30 L Catholic Communion ● 2:00 TH America's National Park Series: Discussion & DVD: Yellowstone 3:00 GR Singer Steven Pate 3:00 TH Marketplace Opens 6:30 Cards & games around Community</p>	<p>9:30 To Synagogue 10:00 TH Play Bunco 11:30 GR Card Ministry w/Verna (sending cards to those in need) 🌿 1:00 Out to Walgreens 3:00 GR You Be the Judge w/Concierge 6:30 TH Marie's Saturday Night Classic Movie</p>
7	8	9	10	11	12	13
<p>9:00 Morning Church Transportation 1:30 Scenic Drive 3:00 GR Guitarist Marie Augustine Performs 6:30 TH Worship & Praise Service with Rev. Slider ● 6:30 TH First of Month Communion Service</p>	<p>Belmont Olympic Games All Week 10:00 TH Dancercise class with Tori ♥ 10:00 Out to Target 10:30 TH Whole Brain Fitness & Trivia Fun with Kathryn 🌿 2:00 TH Bible Study with Chaplain 🌿 3:00 TH Ky. Wine & Watercolor Class #1 (Beginners welcomed) 🌿 5:00 GR Super Music by Katie 6:30 TH Bingo with Karen</p>	<p>10:00 TH Building our Balance Exercise Class ♥ 10:30 TH August Birth Flower & designing fresh arrangements 🌿 2:00 TH Rio - Host to Olympics - Their History & Culture 🌿 3:00 TH Bells & Beaus Choral Practice 🌿 6:30 TH Bingo w/Kelly 6:30 B Bridge Games</p>	<p>10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Whole Brain Fitness & Trivia/Kathryn 🌿 1:00 Guided Tour of Locks on Ohio River 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing</p>	<p>10:00 TH Body Pump: Using Weights & Flex Bands 10:30 TH Boutique Building w/Kathryn - handmade soaps 10:30 To St. Matthew's Library 2:00 TH Giving Back: Making Treats for Ky. Humane Society 3:00 TH Ky. Wine & Watercolor Class #2 🌿 5:30 JK Supper Music by The Greens 6:30 TH Bingo with Kelly</p>	<p>9:30 Bank Runs 10:00 TH Gentle Flexing & Relaxation Techniques Class ♥ 10:30 L Catholic Communion ● 12:30 To Book Sale at Locust Grove 2:00 TH America's National Park Series: Discussion & DVD: Bryce Cannon 3:00 TH Marketplace Opens 3:00 TH Singer Ron Marks Performs 6:30 Cards & games around Community</p>	<p>9:30 To Synagogue 10:00 TH Play Bunco 11:30 GR Card Ministry w/Verna (sending cards to those in need) 🌿 1:00 Out to Walgreens 3:00 GR Guest Pianist Nancy Porter 6:30 TH Marie's Saturday Night Classic Movie</p>
VJ Day 14	15	Nat'l Bargain Hunting Day 16	17	18	19	20
<p>9:00 Morning Church Transportation 1:30 Historic Drive: Portland's History 🌿 3:00 GR Corn Hole Tournament 6:30 TH Worship & Praise Service with Rev. Slider ●</p>	<p>10:00 Out to Walmart 10:00 TH Dancercise class with Tori ♥ 10:30 TH Whole Brain Fitness & Trivia Fun with Kathryn 🌿 2:00 TH Bible Study with Chaplain 🌿 3:00 GR Singer Don Stigmiller 6:30 TH Bingo with Karen</p>	<p>9:00 TH Free Hearing Clinic 9 - 11:30 10:00 TH Building our Balance Exercise Class ♥ 10:30 To Peddlers Mall -Consignment Shopping 2:00 TH Great American Artists: Andy Warhol 🌿 3:00 TH Bells & Beaus Choral Practice 🌿 4:30 L Welcome Reception for Anna Ladig 6:30 GR Board Games w/Concierge 6:30 B Bridge Games</p>	<p>10:00 TH Morning Stretches ♥ 10:00 Out to Kroger 10:30 TH Whole Brain Fitness & Trivia/Kathryn 🌿 1:00 Winery Tour & Tasting 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing</p>	<p>10:00 TH Body Pump: Using Weights & Flex Bands 10:30 TH Boutique Building w/Kathryn: Owls & Snowmen 11:30 TH Men's Lunch In - KFC & Antique Cars 2:00 TH Art Class: Making our own Andy Warhol paintings 🌿 3:00 TH Creative Beading with Wendy 🌿 6:30 TH Bingo with Kelly</p>	<p>9:30 Bank Runs 10:00 TH Gentle Flexing & Relaxation Techniques Class ♥ 10:30 L Catholic Communion ● 2:30 TH America's National Park Series: Discussion & DVD: Hidden Hawaii 3:00 TH Marketplace Opens 4:00 L Shabbat ● 6:30 Cards & games around Community</p>	<p>9:30 To Synagogue 10:00 TH Play Bunco 11:30 GR Card Ministry w/Verna (sending cards to those in need) 🌿 1:00 Out to Walgreens 2:30 GR Fabulous Fashion Show 6:30 TH Marie's Saturday Night Classic Movie</p>
21	22	23	Annual Luau 24	25	26	27
<p>9:00 Morning Church Transportation 1:30 Scenic Drive 🌿 3:00 GR Corn Hole Tournament 6:30 TH Worship & Praise Service with Rev. Slider ●</p>	<p>10:00 TH Dancercise class with Tori ♥ 10:00 Out to Target 10:30 TH Whole Brain Fitness & Trivia Fun with Kathryn 🌿 2:00 TH Bible Study with Chaplain 🌿 3:30 TH Geography Bee: Win a Prizel 🌿 6:30 TH Bingo with Karen & Bingo Buck Auction</p>	<p>10:00 TH Building our Balance Exercise Class ♥ 2:00 TH Marie's Hawaii & Local Hawaiian Dance 🌿 2:45 GR Louisville Library Bookmobile Visits 3:00 TH Bells & Beaus Choral Practice 🌿 6:30 B Bridge Games 6:30 GR Board Games w/Concierge 7:00 GR Singer Patrick Calvert Performs</p>	<p>10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Whole Brain Fitness & Trivia/Kathryn 🌿 2:00 L Catholic Rosary 4:30 JK Live Concert Hawaiian Music 4:30 GR Hawaiian Luau with Buffet 6:30 TH New Movie Showing</p>	<p>10:00 TH Body Pump: Using Weights & Flex Bands 10:30 TH Boutique Building w/Kathryn: Mosaic Xmas Trees 2:00 TH Art Class: Acrylic on Long Canvas 🌿 3:00 TH Hot Topics: Gun Control 🌿 6:30 TH Bingo with Kelly</p>	<p>9:30 Bank Runs 10:00 TH Gentle Flexing & Relaxation Techniques Class ♥ 10:30 L Catholic Communion ● 11:30 Birthday Luncheon 2:30 TH America's National Park Series: Discussion & DVD: Grand Canyon 3:00 TH Marketplace Opens 6:30 Cards & games around Community</p>	<p>9:30 To Synagogue 10:00 TH Play Bunco 11:30 GR Card Ministry w/Verna (sending cards to those in need) 🌿 1:00 Out to Walgreens 3:00 GR You Be the Judge w/Concierge 6:30 TH Marie's Saturday Night Classic Movie</p>
28	29	30	31		Annual Hawaiian Luau August 24 From 4:30 - 7:00 p.m.	For Personalized Computer Class Contact Kathryn
<p>9:00 Morning Church Transportation 1:30 Bus Scavenger Hunt - win a guest meal ticket 🌿 3:00 GR Pianist Nancy Porter Entertains 6:30 TH Worship & Praise Service with Rev. Slider ●</p>	<p>10:00 TH Dancercise class with Tori ♥ 10:00 Out to Walmart 10:30 TH Whole Brain Fitness & Trivia Fun with Kathryn 🌿 11:30 R.O.M.E.O. (retired old men eating out) Lunch Out 2:00 TH Bible Study with Chaplain 🌿 3:00 TH Play Jeopardy - test your knowledge & win a guest meal ticket 🌿 6:30 TH Bingo with Karen</p>	<p>10:00 TH Building our Balance Exercise Class ♥ 2:00 TH Resident Council 3:00 TH Bells & Beaus Choral Practice 🌿 6:30 B Bridge Games 6:30 TH Bingo w/Kelly</p>	<p>10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Whole Brain Fitness & Trivia/Kathryn 🌿 11:30 Out to Lunch Bunch - Sid's Choice 2:00 L Catholic Rosary 2:30 PA Tie-Dye T-shirts for Alzheimer's Walk 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing</p>			



We ALL Love a Good Fashion Show

We are excited to have our upcoming Fashion Show on Saturday, August 20, 2016, at 3:00 p.m.

We are asking/inviting YOU to either be one of our models, or loan us some "fashionable" attire we could model. We are hoping the residents, their family members and staff will jump on the Fashion Train for a fun afternoon of walking down the runway!

We are looking for:

- Models - Men & Women & Children
- Formal Gowns
- Wedding attire
- Dresses
- Jewelry
- Hats/scarves/coats
- Tropical attire
- Boutique Wear

Two of our staff members, Janet and Karen, are heading up this event. Janet is a prior model herself, and both have fashion/makeup experience.

If you can help us out, please call Kathryn at 721-7500.



Belmont Village Bells & Beaus Chorus

(Top left to right) Marie, Betty, Martha, Martha, Barbara
(Bottom left to right) Shirley, Barbara, Mary Rose, Doris and Charlie.
We had our first live concert on July 4th to a full house! The Chorus was excited to perform a patriotic program.
And they were **FANTASTIC!**

Summer Bucket List

If August is here, then the end of summer can't be far behind.

When those cooler days are upon us, let's be able to look back and say "Boy, that was a great summer!"

I keep a seasonal Bucket List; things I want to do or accomplish during that season. Mine is posted in my kitchen as a visual reminder of the experiences I'd like to have during these months. For example, on my summer one I have: *Watch a firework show; at least 10 days of sitting outside to watch the sunset on my swing with a large glass of iced tea; go to a swimming pool with my grandbabies; take a "weekend adventure" with friends; take some photographs of the Big Four bridge at sunset ... on and on I could go.*

The good thing about these Bucket Lists is that they keep in the forefront of your mind

experiences you'd like to accomplish to add to your "great memories" file.

And, these lists can be tailored to any age or capability level. Maybe here at Belmont it can be: *Watching a sunset from the 301 balcony with a good glass of wine; take an art class; see how I could volunteer; go out with my family to _____; read 3 new good books . . .*

Take some time to sit and think "what would I like to do this summer?" Experiences are what collectively make our lives richer and full of meaning. Sometimes the elderly think their "experiences" days are over. I, and a group of other seniors living at Belmont, can disagree and show otherwise.

Want a small poster board and fun items to decorate it with? See me - I'd be glad to help.

Kathryn



Hello!

I am thrilled to be the new Memory Program Coordinator for our Neighborhood and Circle of Friends groups here at Belmont Village.

I am not originally from Louisville, but have fallen in love with the city in the short time that I have lived here. I grew up near Chicago, in Northwest Indiana, and decided to go to school in central Indiana. I graduated from Anderson University with a Bachelor's Degree in Music and a separate degree in Christian Ministries. I play the French horn and have a passion for music in my work.

I also have a passion for the elderly, specifically those with dementia and I am blessed to be able to serve that population through my career. I have worked in a Long-Term Care community in Anderson, IN, as their Life Enrichment Director planning and leading activities.

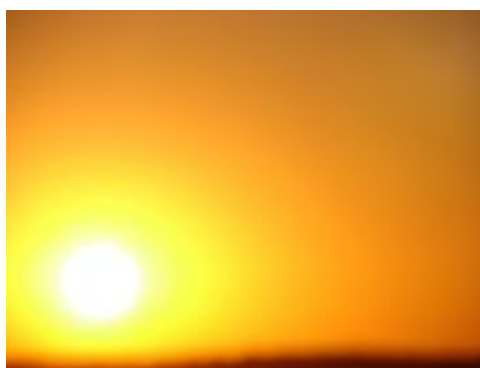
When my husband and I were married a little over 2 years ago, we decided to move down here to Louisville where he grew up. I found a position at an Assisted Living community as their Engage Life Director and was promoted to their divisional Senior role in my first year. I loved my work, but felt called to pursue a career in memory care.

I am thrilled to join the team here at Belmont Village! It is so important for seniors with

Alzheimer's and dementia to stay engaged in life. Whether it's music, engineering, teaching English, or homemaking, each person has a unique story. Through a variety of activities, we strive to find a way to engage each person's interests and talents with the ultimate goal of enriching their lives.

I am honored to be in this position here and I look forward to getting to know each person. We will be having a meet and greet event this coming month, and I hope to see you there. Check your calendars for further information. Please feel free to stop by and see me before then anytime. I would love to talk with you!

Sincerely, *Anna Ladig*, MPC



Record-Setting High

The summer heat may have you sweating it out, but compare it to this scorcher: The mercury hit 134 degrees Fahrenheit in July 1913 at Furnace Creek Ranch in California's Death Valley, setting the record for highest temperature ever recorded.

It's true that EVERY dog owner thinks their dog is the most handsome, beautiful, cute or so ugly it's cute furry family on the planet!

We will be hosting a "Cutest Dog Ever!" photo contest. Bring in a photo (to the Front Desk) in an envelope with the pup's name on it, your name, your resident's name, and your phone number. Photos may be size 3 1/2 by 5 up to 8x10. **Have the photo here before August 15.**

Photos will be displayed for one week, with voting taking place during that time.

The First Place Pup wins a \$25 Visa gift card for the human and a \$25 Feeders Supply gift card for the furbie.

Second Place wins the same in \$20.00 increments. Third with \$15.00.

Belmont's Community Dog wishes all her furry friends the best of luck! She will not be participating in the contest, but will be one of the guest judges.



Our Dog Contest Host - Community Dog *Bella Rue Ray*



Flowers from a lecture by Louisville Rose Society.



Bella & Abby dogs helped Maggi & family at our Family Night.



Making lavender bath salts was a hit at our Family Night.



Celebrating National Caregiver Week with THE BEST TEAM.



Maggi was *brave* enough to hold an exotic "critter."



Martha just *wasn't* sure about this!

BELMONT *Village*

SENIOR LIVING
ST. MATTHEWS

4600 Bowling Boulevard
Louisville, KY 40207

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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, Austin, Houston—West University and
Hunters Creek