



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

June 2014

Lisa Davis

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

Tim Rainey

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

Patricia Mann

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

Lee Shaffer

Community Relations
(404) 252-6271 x 16
mbillman@belmontvillage.com

Keisha Jones

Dir. Res. Care Services
(404) 252-6271 x 27
kjones@belmontvillage.com

Mary Ellen Wilkins

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

Montrese Williamson

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



Lisa Davis, Executive Director

The Woman Behind Father's Day

It took a mother to bring equity to fathers.

As she sat in church more than 100 years ago in Spokane, Wash., Sonora Smart Dodd listened to a sermon about Mother's Day. It made her wonder why there was no Father's Day. Dodd, one of six children, was determined to find a way to honor her father, who raised the family after Dodd's mother died. That year, 1909, Dodd took her concerns to the Spokane Ministerial Alliance and suggested that fathers have their day. Her idea gained support. On June 19, 1910, Spokane recognized the first Father's Day on record. Dodd, who had a son of her own, must have appreciated it when President Calvin Coolidge approved a nationwide celebration of Father's Day in 1924.

Dodd, an Arkansas native, was 96 when she died in 1978.



Wit and Wisdom

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

—Charles Wadsworth

"When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much he had learned in seven years."

—Mark Twain

"Fatherhood is pretending the present you love most is soap-on-a-rope."

—Bill Cosby

"When I was a kid, I used to imagine animals running under my bed. I told my dad, and he solved the problem quickly. He cut the legs off the bed."

—Lou Brock

"The most important thing a father can do for his children is to love their mother."

—Theodore Hesburgh



Happy Birthday



Residents

June 7 Sam Burkhalter
June 28 Jean Edmonds

Employees

June 5 Sandra Jones
June 5 Mwaka McCommons
June 5 Tanelle Hilliard
June 15 Kerrin Burke
June 16 Myko Thomas
June 16 Kamika Clemons
June 17 Alicia Dodson
June 26 Sandy Joseph



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, June 26, at 11:30 a.m.**

Please ensure you RSVP to the concierge by **Friday, June 13, by noon.**



Buckhead's Welcoming Committee

A BIG thank-you to Valjean Young, Nancy Walker, Eli Jacobs, Freida Spector, and Bea Collier for volunteering to be on our Welcoming Committee. June's "Meet & Greet" will be **June 18 at 3 p.m. in Town Hall**. It is a great opportunity for our new residents to be introduced to everyone. Light snacks will be provided along with good fellowship. Join us in welcoming our new friends.



Nancy, Eli, Bea, Freida and Valjean

Community News



Lee Shaffer is one of the acting coaches for the Alzheimer's Association's **Powder Puff Football Spectacular**. The game takes place June 7 and benefits the Alzheimer's Association of Atlanta and their mission to fight this horrific disease. Each player and coach must have raised \$300 for the Alzheimer's Association of Atlanta by May 29.

If you are interested in supporting Lee and this worthy cause, please email him at lshaffer@belmontvillage.com.



Kandace Martin-Sesay

Congratulations to Kandace Martin-Sesay for being selected as June's Employee of the Month. Kandace was chosen for her exceptional service she provides to our residents in Josephine's Kitchen. Her kindness, helpfulness, and professional attitude has been recognized by residents, families and other employees. We would also like to congratulate Kandace on her promotion to the Dining Room Coordinator. Well-deserved!!!!



May's Happenings!



Anita



Carolyn and Mary Ellen



Charles



Frank and Martha



Evan and Nell



John



William, Marion, Bea and Freida



Ruth, Virginia and John



Tim and Selma



Valjean and Ruth

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 Keisha 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.

June's Assisted Living Outings

Please register for all outings at the concierge desk. It is first come, first served. Thank you.

- 3 Shopping at Kroger
- 10 The Atlanta Fish Market
- 17 IMAX - South Pacific
- 24 Mello Mushroom

Resident Services

Salon

Ms. Valerie is at Belmont Village on Monday and Wednesday for hair and nail appointments. Make your appointment with the Concierge.



Weekly Events

Yoga with Lindy - CFLE
Monday, 10 a.m.

Exercises with Rehab -
Town Hall

Tuesday, Thursday,
Friday

Exercise Club -
Town Hall

Sunday, Wednesday,
Saturday

Parkinson's Exercise
Class - CFLE

2nd & 4th Thursdays
11 a.m.

Computer Room Open
- CFL

Mondays, 1 p.m.

Marketplace Open

Mondays 1:30 p.m. &
Fridays 2:30 p.m.

Wine and Cheese -
Great Room

Fridays 3 p.m.

Ice Cream Social -
Great Room

Every Sunday, 2 p.m.

Daily Movies

12 p.m. & 7 p.m.
Theatre

Calendar Key

B - Bistro

CFL - Center for
Learning

CFLE - Center for Life
Enhancement

GR - Great Room

T - Theatre

TH - Town Hall

FP - Front Porch

Sunday	Monday	Tuesday
<p>1</p> <p>10:00 Exercises With Jackie (TH) 10:45 Doug's Coffee Chat (B) 2:00 Ice Cream Social (GR) 3:30 Trivia Challenge With Emmanuel(GR) 6:30 Community Bingo With Emmanuel(B) 7:00 Evening Movie (T)</p>	<p>2</p> <p>10:00 Yoga With Lindy (TH) 12:00 Afternoon Movie 1:00 CFL Open 1:00 Trivia Challenge With Sabrina(B) 1:30 Marketplace Open 2:00 Bingo With Jackie (B) 3:30 Mental Fitness (GR) 6:30 Scattergories With Doug (B) 7:00 Evening Movie (T)</p>	<p>3</p> <p>10:00 Exercises With Dinassa(TH) 10:45 Mental Fitness (B) 12:00 Afternoon Movie (T) 1:00 Trivia With Sabrina(B) 1:00 AL Outing: Kroger Shopping 3:30 Community Bingo With Dinassa (B) 6:30 Trivia Games With Doug (GR)</p>
<p>8</p> <p>10:00 Exercises With Dinassa (TH) 10:45 Doug's Coffee Chat (B) 2:00 Ice Cream Social (GR) 3:30 Afternoon Trivia With Emmanuel (B) 6:30 Bingo With Emmanuel (B) 7:00 Evening Movie (T)</p>	<p>9</p> <p>10:00 Yoga With Lindy (TH) 12:00 Afternoon Movie 1:00 CFL Open 1:00 Trivia Challenge With Sabrina(B) 1:30 Marketplace Open 2:00 Bingo With Jackie (B) 3:30 Mental Fitness (GR) 6:30 Scattergories With Doug (B) 7:00 Evening Movie (T)</p>	<p>10</p> <p>10:00 Exercises With Dinassa (TH) 11:00 AL Outing: Lunch at The Atlanta Fish Market 12:00 Afternoon Movie (T) 1:00 Trivia With Sabrina(B) 2:30 Bingo With Dinassa(B) 6:30 Music Education With Dennis(TH) 7:00 Evening Movie (T)</p>
<p>15</p> <p>10:00 Exercises With Jackie (TH) 10:45 Doug's Coffee Chat (B) 2:00 Ice Cream Social (GR) 3:30 Trivia Challenge With Emmanuel(GR) 6:30 Community Bingo With Emmanuel(B) 7:00 Evening Movie (T)</p>	<p>16</p> <p>10:00 Yoga With Lindy (TH) 12:00 Afternoon Movie 1:00 CFL Open 1:00 Trivia Challenge With Sabrina(B) 1:30 Marketplace Open 2:00 Bingo With Jackie (B) 3:30 Mental Fitness (GR) 6:30 Scattergories With Doug (B) 7:00 Evening Movie (T)</p>	<p>17</p> <p>10:00 Exercises With Dinassa(TH) 12:00 Afternoon Movie(T) 12:30 AL Outing: IMAX "South Pacific" 1:00 Word Games With Sabrina(B) 2:30 Mental Fitness (B) 4:15 New Family Orientation(TH) 6:30 Bingo With Doug (GR)</p>
<p>22</p> <p>10:00 Exercises With Dinassa (TH) 10:45 Doug's Coffee Chat (B) 2:00 Ice Cream Social (GR) 3:30 Afternoon Trivia With Emmanuel (B) 6:30 Bingo With Emmanuel (B) 7:00 Evening Movie (T)</p>	<p>23</p> <p>10:00 Yoga With Lindy (TH) 12:00 Afternoon Movie (T) 1:00 Trivia Challenge With Sabrina(B) 1:00 CFL Open 1:30 Marketplace Open 1:30 Bingo With Jackie (B) 3:00 Wellness Chat With Mandy (TH) 6:30 Scattergories With Doug (B)</p>	<p>24</p> <p>10:00 Exercises With Dinassa(TH) 10:30 Snacks & Stories With Valjean's Friends(GR) 12:00 AL Outing: Lunch at Mello Mushroom 1:00 Word Games With Sabrina(B) 3:00 Wellness Chat & Trivia With Homestead(TH) 6:30 Bingo With Doug(B)</p>
<p>29</p> <p>10:00 Exercises With Jackie (TH) 10:45 Doug's Coffee Chat (B) 2:00 Ice Cream Social (GR) 3:30 Trivia Challenge With Emmanuel(GR) 6:30 Community Bingo With Emmanuel(B) 7:00 Evening Movie (T)</p>	<p>30</p> <p>10:00 Yoga With Lindy (TH) 12:00 Afternoon Movie 1:00 CFL Open 1:00 Trivia Challenge With Sabrina(B) 1:30 Marketplace Open 2:00 Bingo With Jackie (B) 3:30 Mental Fitness (GR) 6:30 Scattergories With Doug (B) 7:00 Evening Movie (T)</p>	

June 2014

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>10:00 Tai Chi With Sam(TH) 12:00 Afternoon Movie(T) 12:30 COF Outing: IMAX "South Pacific" 1:00 Trivia Challenge With Sabrina(B) 3:00 Mental Fitness (TH) 6:30 Bingo With Doug (B) 7:00 Evening Movie (T)</p>	<p>5</p> <p>10:00 Exercises With Dinassa(TH) 12:00 New Resident Lunch(JK) 1:00 Trivia Challenge With Sabrina(B) 3:30 Sing-Alongs With June(GR) 6:30 Bingo With Doug(B) 7:00 Evening Movie(T)</p>	<p>6</p> <p>10:00 Exercises With Dinassa(TH) 10:30 NH Picnic 12:00 Afternoon Movie(T) 2:30 Marketplace Open 3:00 Wine & Cheese Social(GR) Entertainer: Kayla Taylor 4:15 Shabbat Service(GR) 6:30 Bingo With Emmanuel(B)</p>	<p>7</p> <p>10:00 Exercises With Dinassa (TH) 10:45 Trivia With Lisa (B) 1:00 Bible Study With Ruth & Friends(TH) 2:00 Community Bingo With Dinassa (B) 3:30 Current Happenings With Lisa(GR) 6:30 Number's Up With Emmanuel (B)</p>
<p>11</p> <p>10:00 Exercises With Dinassa (TH) 11:00 COF Outing: Picnic in the Park 12:00 Afternoon Movie(T) 1:00 Trivia Challenge With Sabrina(B) 3:00 Word Games With Mary Ellen(B) 6:30 Bingo With Doug (B)</p>	<p>12</p> <p>10:00 Exercises (TH) 11:00 Parkinson's Class(CFLE) 1:00 Puzzles & Games With Sabrina(GR) 1:30 Art With Charlotte(B) 3:00 Bible Study With Pastor David(TH) 6:00 Family Support Group(CFLE) 6:30 Trivia With Lisa(B)</p>	<p>13</p> <p>10:00 Exercises With Dinassa(TH) 10:30 NH Community Drive 10:45 Mental Fitness(B) 1:00 Word Games With Myko(B) 2:30 Marketplace Open 3:00 Wine & Cheese Social(GR) Entertainer: Ken Taylor 6:30 Bingo With Emmanuel(B)</p>	<p>14</p> <p>10:00 Exercises With Dinassa (TH) 10:45 Trivia With Lisa(B) 1:00 Bible Study With Ruth & Friends(TH) 1:30 Father's Day Social With Judy Boehm(GR) 3:30 Bingo With Dinassa (B) 6:30 Number's Up With Emmanuel (B)</p>
<p>18</p> <p>10:00 Exercises With Dinassa(TH) 12:00 Afternoon Movie(T) 1:00 Word Games With Sabrina(B) 1:30 COF Community Drive 3:00 New Resident "Meet & Greet"(TH) 6:30 Community Bingo With Doug (B) 7:00 Evening Movie (T)</p>	<p>19</p> <p>10:00 Exercises With Dinassa (TH) 12:15 "Mad Hatters" Lunch (TH) 1:00 Puzzles & Games With Sabrina(B) 3:00 Root Beer Float Social (B) 6:30 Trivia With Lisa(B) 7:00 Evening Movie (T)</p>	<p>20</p> <p>10:00 Exercises With Dinassa(TH) 10:30 NH Outing: Mary Mac's 10:45 Mental Fitness(B) 1:00 Word Games(B) 2:30 Marketplace Open 3:00 Wine & Cheese Social(GR) Entertainer: Robert Meadows 4:15 Shabbat Service(GR) 6:30 Bingo With Emmanuel(B)</p>	<p>21</p> <p>10:00 Exercises With Dinassa (TH) 10:45 Trivia With Lisa (B) 1:00 Bible Study With Ruth & Friends(TH) 2:00 Community Bingo With Dinassa (B) 3:30 Current Happenings With Lisa(GR) 6:30 Number's Up With Emmanuel (B)</p>
<p>25</p> <p>10:00 Exercises With Dinassa (TH) 10:45 COF Outing: Lunch at the Brickery 1:00 Word Games With Sabrina(B) 3:30 Resident Council Meeting(TH) 6:30 Community Bingo With Doug (B) 7:00 Evening Movie (T)</p>	<p>26</p> <p>10:00 Exercises (TH) 11:00 Parkinson's Class(CFLE) 11:30 Resident Birthday Lunch(JK) 1:00 Puzzles & Games With Sabrina(GR) 1:30 Art With Charlotte(B) 3:00 Bible Study With Pastor David(TH) 6:30 Trivia With Lisa(B)</p>	<p>27</p> <p>10:00 Exercises With Dinassa(TH) 10:30 NH Community Drive 10:45 Mental Fitness(B) 1:00 Word Games With Myko(B) 2:30 Marketplace Open 3:00 Wine & Cheese Social(GR) Entertainer: Sony Calo 6:30 Bingo With Emmanuel(B)</p>	<p>28</p> <p>10:00 Exercises With Dinassa (TH) 10:45 Trivia With Lisa (B) 1:00 Bible Study With Ruth & Friends(TH) 2:00 Community Bingo With Dinassa (B) 3:30 Current Happenings With Lisa(GR) 6:30 Number's Up With Emmanuel (B)</p>



Summer of Knowledge

School is out (or maybe you graduated long ago)! But that doesn't mean you can't spend the summer learning new things. Here are a few ways to keep your mind sharp and continue the learning process during the summer months:

Visit a museum. From art to history to science, many lessons can be learned by a visit to an area museum. Go at a time when you can join a tour.

Solve a puzzle. Flex your brain power with a puzzle or game. Play Scrabble or sudoku, or challenge yourself with a crossword puzzle. You can play online, with a club, or at home with friends and family.

Listen in. Bookstores often feature readings by guest authors or lectures from experts on various topics. Stop by a local bookstore to see what they have in store for the summer. While you're there, check out what's new on the shelves.

Talk books. Many libraries offer book discussion groups throughout the summer. Check your library's calendar to see what kinds of groups are available, and you might find a new genre you like.

Learn online. With countless online classes and tutorials available to anyone with Internet access, you can always learn something new.

Word Search

Today's Category: Names for Girls

C	M	U	Y	T	Y	R	A	M	B	A	X	1. Lucy
A	E	L	U	C	Y	C	J	U	L	I	E	2. _____
R	T	T	D	S	I	N	C	G	M	R	D	3. _____
L	T	D	T	N	S	G	N	I	D	A	C	4. _____
A	E	F	O	E	D	H	C	E	F	M	V	5. _____
S	L	M	S	D	D	H	K	N	J	S	T	6. _____
U	U	C	E	J	E	A	E	S	H	H	J	7. _____
S	A	V	U	L	L	R	N	A	E	D	A	8. _____
A	P	D	L	I	A	S	S	R	L	F	C	9. _____
N	Y	E	C	K	S	I	E	A	E	C	K	10. _____
R	S	E	F	S	C	S	N	S	N	B	I	11. _____
A	R	A	B	R	A	B	G	E	Q	X	E	12. _____

Word Search Solutions:

1. Karen
2. Barbara
3. Bernadette
4. Carla
5. Elaine
6. Helen
7. Jackie
8. Jenny
9. Judy
10. Julie
11. Theresa
12. Lucy
13. Maria
14. Mary
15. Michelle
16. Monica
17. Paulette
18. Sara
19. Susan
20. Theresa

Circle of Friends News



Hazel and Bea

Circle of Friends outings this month are:

- June 4 - IMAX "South Pacific"
 - June 11 - Picnic
 - June 18 - Community Drive
 - June 25 - Lunch at the Brickery
- Judy Boehm will help celebrate Father's Day on Saturday, June 14, at 1:30 p.m. in the Great Room. Please join us!

Neighborhood Happenings!

Outings for the Neighborhood this month are:

- June 6 - Picnic at Morgan Falls Park
 - June 13 - Community Drive
 - June 20 - Lunch at Mary Mac's
 - June 27 - Community Drive
- Please join us for the outings if you can. We will have some great entertainment with DM Lee, Raquel Bustos, and Marty Berning. Judy Boehm will help us celebrate Father's Day on Saturday, June 14, at 1:30 p.m. in the Great Room.



Fun activities!



Keisha's Corner



Keisha Jones, DRCS

What Is Palliative Care?

Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

Improves Quality of Life

Palliative care treats people suffering from serious and chronic illnesses such as cancer, cardiac disease such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), kidney failure, Alzheimer's, Parkinson's, Amyotrophic Lateral

Sclerosis (ALS) and many more.

Palliative care focuses on symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping and depression. It also helps you gain the strength to carry on with daily life. It improves your ability to tolerate medical treatments. And it helps you have more control over your care by improving your understanding of your choices for treatment.

A Partnership of Patient, Specialists and Family

Palliative care is a team approach to care. The core team includes doctor, nurse and social work palliative care specialists. Massage therapists, pharmacists, nutritionists, chaplains and others may also be part of the team.

The team spends as much time as necessary with you and your family. They become a partner with you, your family and your other doctors. They support you and your family every step of the way, not only by controlling your symptoms, but also by helping you to understand your treatment options and goals. To learn more about palliative care, go to www.getpalliativecare.org.



June's Entertainment

- 6 Wine & Cheese Social
Kayla Taylor
- 13 Wine & Cheese with
Ken Taylor
- 20 Wine & Cheese with
Robert Meadows
- 27 Wine & Cheese Social
Sony Calo



Famous Faces Born in June

- June 2, 1978: Justin Long
- June 7, 1952: Liam Neeson
- June 8, 1925: Barbara Bush
- June 9, 1891: Cole Porter
- June 10, 1982: Tara Lipinski
- June 11, 1910: Jacques Cousteau
- June 11, 1956: Joe Montana
- June 18, 1942: Paul McCartney
- June 20, 1949: Lionel Richie
- June 27, 1975: Tobey Maguire
- June 30, 1985: Michael Phelps

May's Activities



Dr. Nan



Malerie and Edward



Ken, Shunkelia, Keely, Carnisha



Helen and Kelly



Brigietta and Cathryn



Shunkelia and Virginia



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 (2014)

