



Belmont Village of Green Hills VillageNEWS

  4206 Stammer Place • Nashville, TN 37215 • Phone 615-279-9100 • Fax 615-279-9622

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

July 2016

Leadership Team

Robin Crowell

Executive Director
(615) 279-9100 ext. 102
rcrowell@belmontvillage.com

Buffy Clark

Director of Resident
Services/Nursing
(615) 279-9100 ext. 107
baclark@belmontvillage.com

Jill Kelton

Community Relations
(615) 279-9100 ext. 151
jkelton@belmontvillage.com

Laurie Larson

Community Relations
(615) 279-9100 ext. 109
llarson@belmontvillage.com

Laurie Evans

Activity Program Coord.
(615) 279-9100 ext. 104
levans@belmontvillage.com

Christie Hendrich

Memory Program Coordinator
(615) 279-9100 ext. 107
chendrich@belmontvillage.com

Nathan Frost

Chef Manager
(615) 279-9100 ext. 106
nfrost@belmontvillage.com

Jamie Forster

Human Resources Generalist
(615) 279-9100 ext. 103
jforster@belmontvillage.com

Terry Wallace

Building Engineer
(615) 279-9100 ext. 105
twallace@belmontvillage.com



July is off to a great start with our 4th of July Holiday Lunch Cookout! I hope we will have many of our families join our residents and staff for this fun event with great food and entertainment! We had such a great time at our recent Evening Under The Stars and Fashion Show featuring our residents and staff. The Bill Sleeter Trio seems to be a big favorite because they play all the great "standards".

This month, we are going to have a Hawaiian Luau on Thursday night, July 21, from 5:00pm - 7:00pm. I know Hawaii is a favorite place for a vacation and we want to bring it to Belmont Village. Chef Nathan will prepare a festive luau dinner for us and music will be serenading us throughout the dinner hour. If you have a Hawaiian shirt or

dress, be sure and wear it that day!

Our Ambassador Club will be hosting a New Resident Orientation and Reception on July 28 at 3:00pm in the Town Hall. It will be an opportunity for our new residents to visit with new friends and management staff. Refreshments will be served.

I am enjoying getting to know the Belmont Village family. The staff is so dedicated and it is a real pleasure to be a part of this incredible team! As I've mentioned before, please feel free to come and talk with me anytime. I look forward to more great days ahead!

-Robin Crowell,
Executive Director



A Hot Dogged Pursuit

It has become a Fourth of July tradition, along with fireworks, parades and picnics. It's the Nathan's Famous International Hot Dog Eating Contest, where thousands gather at the flagship restaurant on New York's Coney Island boardwalk to witness a feeding frenzy that is broadcast live on ESPN. The competitive eaters have 10 minutes to eat as many hot dogs as they can. The record is 69 hot dogs, set in 2013.



Resident Birthdays

- 7/1 Roxanne Witt
- 7/3 Reiko Cline
- 7/4 Kanai Mukherjee
- 7/8 Marge Maxwell
- 7/14 Virginia Karnes
- 7/19 Willie Ray Pittman
- 7/20 Martha Elliot
- 7/25 Wrenelle Stanley
- 7/26 John Pope
- 7/27 Sarah Crutcher
- 7/28 Kathy Kirtland
- 7/31 Julian Kottler



Employee Birthdays

- 7/3 Yeshimebet Takele
- 7/4 Derrick Hankins
- 7/7 Chatika Jordan
- 7/7 Steven Claytor
- 7/8 Hirut Gebrehiwot
- 7/10 Rebecca Lewis
- 7/15 LeAngela Chearis
- 7/18 Nonye Ejiofor
- 7/19 Fatishe Ayalew
- 7/20 Lywan Phillips
- 7/20 Amber Carpenter
- 7/22 Mestawet Abebe
- 7/30 Bryan Thompson

Employee Anniversaries

- Chetika Cole 9 years
- LaToya Walker 9 years
- Kendra Howse 8 years
- Jeanette Johnson 6 years
- Ashley Kelly 4 years
- Amy Hill 1 year
- Alexis Landers 1 year

Employee of the Month... Beverly Mefford



July's Employee of the Month is Beverly Mefford. She began her work at Belmont Village over 4 years ago in our dining room as a server. She did a wonderful job there for 10 months and then transferred to a Pal position. Beverly has a strong work ethic and is always willing to work various floors and as a sitter when needed. Beverly has a great smile and shows great compassion, love and respect to our residents. We appreciate you, Beverly!

4th of July Cookout

Come and enjoy our 4th of July Cookout in Josephine's Kitchen! Our chefs will prepare a traditional holiday lunch for our residents, staff and guests. Fun and delicious food is guaranteed for all!



Independence Day

On July 4, 1776, the Continental Congress approved the Declaration of Independence. A few days later, on July 8, the first public reading of the document occurred when Col. John Nixon read it to an assembled crowd in Philadelphia.

CAN YOU FIND THE WORD "FLAGS" 15 TIMES IN THIS PUZZLE?



Cool as a Cucumber

It may be the hottest time of the year, but there are ways to keep your cool both outdoors and indoors.

Plan outside activities in the morning, before the sun heats things up. Dress appropriately by wearing loose-fitting, lightweight clothing in light colors. Some new synthetic fabrics are specially designed to wick away moisture from perspiration and help you feel cooler. Make sure you replace that moisture by drinking plenty of water.

Eat light meals, such as salads and fruit. They are easy to digest, and produce such as lettuce, cucumbers and watermelon are mostly water and help with hydration.

If you are trying to stay cool indoors, first block the sun. Closing blinds or curtains can greatly reduce the amount of heat getting into your home.

On especially hot days, place frozen water bottles or a bowl of ice cubes in front of a fan to cool the airflow.

Consider running the air conditioner and a fan at the same time, especially at night while you are sleeping. You can set the air conditioner at lower power and still feel cool because the air conditioner lowers humidity while the fan moves heat away from you.

Another trick is to make a “cold

compress.” Fill an old tube sock with rice, tie off the end and put it in the freezer. At bedtime, slide it between the sheets. Rice will retain the cold for hours.



To Your Health: Apple a Day

“An apple a day keeps the doctor away” has some truth to it. In a recent study, people who began eating one apple every day experienced a 40 percent drop in LDL cholesterol, which is the “bad” kind that can harden arteries. Enjoy an apple in Josephine’s Kitchen!



Halftime Review

July includes the halfway point of the year. Many of us enjoy setting goals as we strive to live life to the fullest. Do you need to refresh a resolution?

Transportation Schedule

Sunday

Morning Church Transportation

Monday

Doctors’ Appointments

Tuesday

Doctors’ Appointments
Bank Day and Outings

Wednesday

Doctors’ Appointments

Thursday

Pharmacy and Outings

Friday

Hair Appointments

Saturday

Jewish Religious Services and
Grocery Store

Please schedule all transportation needs at least 48 hours (or more) in advance with the Concierge to provide the best service possible.



Donna (Concierge) and Patricia (Driver)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 TH *Exercise 4 Health 🌿 10:45 LC Devotions 1:30 2F Rummikub / Bridge 🌿 2:30 TH Dancercise with Laurie 🌿 3:00 TH Music Appreciation: Jazz Legends 6:30 TH Bingo	9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 3F BV CHIME CHOIR with Carmen 🌿 1:00 Shopping at Walmart (back at 3:00pm) 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:30 TH Bingo
3	4	5	6	7	8	9
9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive * 3:00 Ice Cream Social ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:30 TH Bingo	Independence Day 9:30 TH Stretching and Toning 10:30 LC Bible Study w/ Harriet 🌿 11:00 JK Holiday Cookout and Music 1:00 B Brain Workout 🌿 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Old-Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News and Trivia 1:30 2F Rummikub / Bridge 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 3:30 TH Ambassador Club 🌿 6:30 TH Bingo	9:30 TH Exercise Class 10:15 LC "Intriguing Facts" 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Musical Entertainment 6:30 TH "St. Matthew" Bible Study with Rev. Jay Pierce 🌿	9:30 TH Exercise 4 Health 🌿 10:30 Trip: Lunch at Monelle's ★ 2:00 TH *Yoga and Relaxation 🌿 3:30 GR Community Outreach: Knitting Projects 🌿 6:30 TH Bingo	9:30 TH *Exercise 4 Health 🌿 10:45 LC Devotions 1:30 2F Rummikub / Bridge 🌿 2:30 TH Travel DVD: America The Beautiful 3:30 TH US History Trivia - TH 6:30 TH Bingo	9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 3F BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:30 TH Bingo
10	11	12	13	14	15	16
9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive * 3:00 Ice Cream Social ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:30 TH Bingo	9:30 TH Stretching and Toning 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Old-Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News and Trivia 1:30 2F Rummikub / Bridge 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 3:30 TH Look Who's Cookin' 🌿 6:30 TH Bingo	9:30 TH Exercise Class 10:15 LC "Intriguing Facts" 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Musical Entertainment 6:30 TH "St. Matthew" Bible Study with Rev. Jay Pierce 🌿	9:30 TH Exercise 4 Health 🌿 10:30 Trip: Lunch at Jonathon's and Movie at Green Hills Regal 2:00 TH *Yoga and Relaxation 🌿 3:30 GR Community Outreach: Knitting Projects 🌿 6:30 TH Bingo	9:30 TH *Exercise 4 Health 🌿 10:45 LC Devotions 1:30 2F Rummikub / Bridge 🌿 3:00 GR My Hometown: A Resident Story and Donuts 6:30 TH Bingo	9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 3F BV CHIME CHOIR with Carmen 🌿 1:00 Shopping at Target (back by 3:00pm) 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:30 TH Bingo
17	18	19	20	21	22	23
9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive * 3:00 Ice Cream Social ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:30 TH Bingo	9:30 TH Stretching and Toning 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Old-Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News and Trivia 11:30 TH RED HAT LUNCHEON 🌿 1:30 2F Rummikub / Bridge 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 6:30 TH Bingo	9:30 TH Exercise Class 10:15 LC "Intriguing Facts" 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Musical Entertainment 6:30 TH "St. Matthew" Bible Study with Rev. Jay Pierce 🌿	9:30 TH Exercise 4 Health 🌿 10:30 Trip: Lunch at Cracker Barrel 2:00 TH *Yoga and Relaxation 🌿 3:30 GR Community Outreach: Knitting Projects 🌿 5:00 JK 5-7:00 HAWAIIAN LUAU with Music (5:00-6:30) 6:30 TH Bingo	9:30 TH *Exercise 4 Health 🌿 10:45 LC Devotions 1:30 2F Rummikub / Bridge 🌿 2:30 TH BINGO BUCKS AUCTION (Bid with bingo bucks for gift cards and various items!) 6:30 TH Bingo	9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 3F BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:30 TH Bingo
24	25	26	27	28	29	30
9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive * 3:00 Ice Cream Social ★ 4:00 TH Communion Service 6:30 TH Bingo	9:30 TH Stretching and Toning 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 2:00 TH *Yoga and Relaxation 🌿 2:30 TH Resident Council 3:30 TH Old-Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News and Trivia 11:30 TH MBA LUNCHEON & Focus On Health Discussion 🌿 1:30 2F Rummikub / Bridge 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 6:30 TH Bingo	9:30 TH Exercise Class 10:15 LC "Intriguing Facts" 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Musical Entertainment 6:30 TH "St. Matthew" Bible Study with Rev. Jay Pierce 🌿	9:30 TH Exercise 4 Health 🌿 10:30 Trip: Lunch at Carrabba's 2:00 TH *Yoga and Relaxation 🌿 3:00 TH New Resident Orientation & Reception hosted by Ambassador Club 3:30 GR Community Outreach: Knitting Projects 🌿 6:30 TH Bingo	9:30 TH *Exercise 4 Health 🌿 10:45 LC Devotions 1:30 2F Rummikub / Bridge 🌿 2:30 GR Hymns and Stories Behind the Songs with Laurie 🌿 3:30 TH Creative Crafts 6:30 TH Bingo	9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 3F BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:30 TH Bingo
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9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive * 3:00 Ice Cream Social ★ 4:00 TH Communion Service 6:30 TH Bingo	9:30 TH Stretching and Toning 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 2:00 TH *Yoga and Relaxation 🌿 2:30 TH Resident Council 3:30 TH Old-Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News and Trivia 11:30 TH MBA LUNCHEON & Focus On Health Discussion 🌿 1:30 2F Rummikub / Bridge 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 6:30 TH Bingo	9:30 TH Exercise Class 10:15 LC "Intriguing Facts" 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Musical Entertainment 6:30 TH "St. Matthew" Bible Study with Rev. Jay Pierce 🌿	9:30 TH Exercise 4 Health 🌿 10:30 Trip: Lunch at Carrabba's 2:00 TH *Yoga and Relaxation 🌿 3:00 TH New Resident Orientation & Reception hosted by Ambassador Club 3:30 GR Community Outreach: Knitting Projects 🌿 6:30 TH Bingo	9:30 TH *Exercise 4 Health 🌿 10:45 LC Devotions 1:30 2F Rummikub / Bridge 🌿 2:30 GR Hymns and Stories Behind the Songs with Laurie 🌿 3:30 TH Creative Crafts 6:30 TH Bingo	9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 3F BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:30 TH Bingo



4th of JULY COOKOUT

Monday, July 4

11:00am to 1:00pm

Musical Entertainment

Josephine's Kitchen

Ambassador Club

TUESDAY, July 5, at
3:00 p.m. in Town Hall

Red Hat Society

TUESDAY, July 19, at
11:30 a.m. in Town Hall

CHIME CHOIR

SATURDAYS

10:30 a.m. in Town Hall

July Birthday Party and Music

FRIDAY, July 8

3:00pm in Great Room

Musical Entertainment

Hawaiian Luau

THURSDAY, July 21

5:00pm - 7:00pm

Musical Entertainment & Fun!!!

Josephine's Kitchen

Bingo Auction

FRIDAY, July 22

2:30pm in Town Hall

Resident Council Meeting

MONDAY, July 25

New Resident Orientation and

Reception

(hosted by Ambassador Club)

THURSDAY, July 28

3:00pm in TH

MBA Luncheon

WEDNESDAY, July 29, at

11:30 a.m. in Town Hall



MBA Club Fitness

Come and exercise your mind and body! MBA classes are led by Belmont Village and Paxxon staff. "Exercise 4 Health" is held daily at 9:30 a.m. and the following afternoon classes are at 2 p.m.:

- Mondays - "Yoga and Relaxation" to improve endurance, strengthening and creative skills.
- Tuesdays - "Boot Camp" for cardio and strengthening.
- Wednesdays - "Recreational Therapy Games" emphasizing our fine motor skills, range of motion and strengthening.
- Thursdays - "Yoga and Relaxation" to improve endurance, strengthening and creative skills

"Brain Boosters/Trivia" and "Brain Workouts" help to improve memory skills, sequencing, and processing.

Neighborhood and Circle of Friends

The Neighborhood and Circle of Friends have welcomed new residents to their program with various activities (Mind and Physical Exercises, Creative, Spiritual and Social Opportunities). Our Enrichment Leaders strive to make each day unique and full of enjoyable activities that are fun as well as therapeutic and which enrich the lives of our residents with dignity and love.



Rebecca and Tasha





Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, elderly seniors need to keep stimulated by exercising with games and crafts in order to enhance the growth and development of new nerve cells and neural function. Exercising the brain helps:

- Reduce loss of gray matter (the nuts and bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- Improves attention spans and the ability to concentrate
- Strengthens brain synapses (communication pathways)
- Increases blood flow (more oxygen means healthier cells)

Okay, so who doesn't want to increase brain function, regardless of age? Exercising the brain or mind can be achieved in a number of ways, including but not limited to:

- Learn a new skill – This can be a language, a hobby or a concept. The more challenging, the better. Take up painting. Learn the piano. Take a community class on crime scene investigation. Do something to stimulate, activate and exercise your brain to think in new ways.

- Create a scrapbook – this type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years.
- Socialize! – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly, more frequently if possible.
- Laugh! – Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, that 'feel good' hormone in the brain. Laughter also helps stimulate the brain and enhances learning.
- Engage in 'Thinking Games' – such as crossword puzzles, Sudoku or chess.

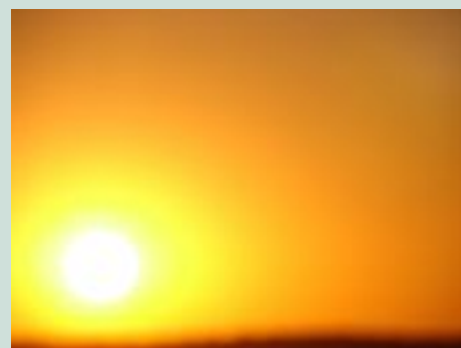


Protect Your Hands

The skin on the backs of your hands is thin and prone to sun damage that can later appear as wrinkles and dark spots. When applying sunscreen, don't forget to protect these areas, too.

Paxxon Health Care

Clinicians specializing in geriatrics with the goal of therapy to get you as strong and independent as possible!
Physical Therapy, Occupational Therapy, Speech Therapy



Know the Signs

Heat stroke is a major summertime threat. Watch your friends and loved ones for signs of the condition, such as confusion, dry skin, headache, nausea and rapid pulse. If you suspect heat stroke, get the person to a cool area and seek medical help immediately.

Please schedule all transportation needs 48 hours or more in advance with the concierge to provide the best service possible.

Stop the Sneezes

Those who suffer from seasonal allergies should keep car windows closed while traveling, and avoid being outdoors between 5 and 10 a.m. when pollen counts are at their highest.

