



# 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*

**March 2016**

## **Leadership Team**

Executive Director

(615) 279-9100 ext. 102

[erobison@belmontvillage.com](mailto:erobison@belmontvillage.com)

### **Lisa Bain**

Director of Nursing

(615) 279-9100 ext. 107

[lbain@belmontvillage.com](mailto:lbain@belmontvillage.com)

### **Jill Kelton**

Community Relations

(615) 279-9100 ext. 151

[jkelton@belmontvillage.com](mailto:jkelton@belmontvillage.com)

### **Laurie Larson**

Community Relations

(615) 279-9100 ext. 109

[llarson@belmontvillage.com](mailto:llarson@belmontvillage.com)

### **Laurie Evans**

Activity Program Coord.

(615) 279-9100 ext. 104

[levans@belmontvillage.com](mailto:levans@belmontvillage.com)

### **Christie Hendrich**

Memory Program Coordinator

(615) 279-9100 ext. 107

[chendrich@belmontvillage.com](mailto:chendrich@belmontvillage.com)

### **Nathan Frost**

Chef Manager

(615) 279-9100 ext. 106

[nfrost@belmontvillage.com](mailto:nfrost@belmontvillage.com)

### **Jamie Forster**

Human Resources Generalist

(615) 279-9100 ext. 103

[jforster@belmontvillage.com](mailto:jforster@belmontvillage.com)

### **Terry Wallace**

Building Engineer

(615) 279-9100 ext. 105

[twallace@belmontvillage.com](mailto:twallace@belmontvillage.com)



**Elmo J. Robison, III**

We want to welcome Elmo J. Robison to Belmont Village as our new Executive Director! He and his family recently moved to Tennessee and we are thrilled to have him leading our "team"! Elmo has extensive experience and is an accomplished senior leader with expertise in management, quality management, financial management, program management, and all aspects of healthcare administration. He has proven ability to meet the highest quality standards, exceed customer satisfaction expectations and build successful partnerships across multiple groups. His outstanding, highly developed interpersonal and communication skills are of great benefit in

working with staff, residents and families.

As a Colonel in the U.S. Air Force, Elmo has served many years as a Chief Operating Officer (Expeditionary Medical Plans and Policy, Administrator and Medical Operations) with the Surgeon General's Office headquarters of the US Air Force in Washington, D.C., Bagram Air Base in Afghanistan, Virginia, Oklahoma, Colorado Springs and Europe. His experience in working with 75 worldwide hospitals and clinics, \$5.9 billion budgets, 8500 personnel, soldiers and their families, and expertise with daily operations combine to make him well equipped for the job at Belmont Village!

We are looking forward to getting to know Elmo and seeing his vision for our community unfold. Let us all work together in continued efforts as we enjoy living each day with joy, love, compassion and purpose!





### Residents' Birthdays

3/3 Nicole Shepherd  
 3/4 Ingrid Auten  
 3/5 Bettie Baxter  
 3/6 Bob Radock  
 3/7 Jane Sights  
 3/8 Hilda Ratner  
 3/13 Beverly Vincent  
 3/14 Birdie Brown  
 3/15 Caulie Lukens

### Employees' Birthdays

3/2 Kanisha Gilbert  
 3/2 Lisa Bain  
 3/6 Artelia Kelton  
 3/6 Crystal Gibson  
 3/16 Steven Brown  
 3/17 Laurie Larson



### Famous Faces Born in March

March 2, 1962: Jon Bon Jovi  
 March 4, 1888: Knute Rockne  
 March 5, 1974: Eva Mendes  
 March 13, 1956: Dana Delany  
 March 14, 1933: Michael Caine  
 March 19, 1947: Glenn Close  
 March 22, 1976: Reese Witherspoon  
 March 22, 1931: William Shatner  
 March 26, 1960: Marcus Allen  
 March 30, 1968: Celine Dion

### Employee of the Month...LaToya Walker



LaToya Walker (Pal) has been a dedicated employee for many years at Belmont Village. Her work ethic is incredible and her skills as a caregiver are awesome! LaToya is willing to work on various floors and shifts as needed. Recently, as LaToya expressed great comfort and love to a family member as she was grieving her mother's death, it was evident that her encouragement and genuine care was of great strength to the family. We appreciate you, LaToya!

### 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.







## Warning Signs of a Heart Attack

Some heart attacks are sudden and intense - the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort that originates in the center of the chest lasting more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Upper body discomfort that includes pain in your arms, the back, neck, jaw or stomach. Women are more likely to experience chest pain with nausea, vomiting, back or jaw pain.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Even if you're not sure it's a heart attack, have it checked out.

## Alleviate Allergies

For those who suffer from seasonal allergies, spring often means sneezing, congestion and itchy eyes. There are ways to lessen the symptoms and still enjoy the season. Here are a few tips:

*Keep it clean.* Cleaning your home will reduce pollen and other allergens. Vacuum and dust regularly, and wash your sheets weekly. Leave your shoes at the door to prevent tracking allergens throughout your home. Shower or bathe before bed to keep pollen your hair has gathered throughout the day off your pillow.

*Be aware outside.* Avoid going outside on days with particularly high pollen levels. Check [www.Pollen.com](http://www.Pollen.com) or download a smartphone app that offers regular pollen updates. When outside, wear sunglasses to help keep allergens out of your eyes.

*Curb congestion.* Eat more spicy foods to reduce nasal congestion. Chewing gum and eating peppermint can also help. Drinking more water and juice will improve hydration and help clear nasal passageways.

*Consult an allergist.* If your allergies are disruptive to your life, consider seeing a health care professional who specializes in allergies. An allergist can help you pinpoint what you are allergic to and offer guidance on whether prescription medication or allergy shots are right for you.

## 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 9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News & Trivia 1:30 LC Bridge Club 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 3:30 TH Ambassador Club 🌿 6:45 TH Bingo	2 9:30 TH Exercise Class 10:15 LC Inspirational Study 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Music by Michael Roberts 6:30 TH "Meeting St. John Today" Class with Rev. Jay Pierce 🌿	3 9:30 TH Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:30 Trip: Lunch at Logans and Tour of Lawn and Garden Show ★ 2:00 TH *Yoga and Relaxation 🌿 3:30 GR Community Outreach: Knitting Projects 🌿 6:45 TH Bingo	4 9:30 TH *Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:45 LC Devotions 1:30 LC Bridge Club 🌿 2:00 TH Dancercise with Laurie (Broadway Showtunes) 🌿 3:00 GR March Birthday Party & Music 6:45 TH Bingo	5 9:30 3F 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 6:45 TH Bingo
6 9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:45 TH Bingo	7 9:30 TH Muscle and Toning 10:00 B Good News & Trivia 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 1:30 B Joy of Poetry 🌿 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Old Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	8 7:30 B 7:30 - 9:00 Men's Breakfast Buffet with Terry 9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News & Trivia 1:30 LC Bridge Club 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 6:45 TH Bingo	9 9:30 TH Exercise Class 10:15 LC Inspirational Study 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Music by Pam Weston 6:30 TH "Meeting St. John Today" Class with Rev. Jay Pierce 🌿	10 9:30 TH Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:30 Trip: Lunch and Movie ★ 2:00 TH *Yoga and Relaxation 🌿 3:30 GR Community Outreach: Knitting Projects 🌿 6:45 TH Bingo	11 9:30 TH *Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:45 LC Devotions 1:30 LC Bridge Club 🌿 2:30 TH Chat with the Chef 6:45 TH Bingo	12 9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 TH BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:45 TH Bingo
13 9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:45 TH Bingo	14 9:30 TH Muscle and Toning 10:00 TH Healthy Eating Habits: Magnesium and Heart Health 🌿 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 1:30 TH Diabetic Diet Forum 🌿 3:00 TH Old Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	15 9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News & Trivia 1:30 LC Bridge Club 🌿 2:00 3F Boot Camp (Cardio) 🌿 2:30 LC Book Club 3:30 TH Creative Craft 🌿 6:45 TH Bingo	16 9:30 TH Exercise Class 10:15 LC Inspirational Study 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Music by Gordon Ellis 6:30 TH "Meeting St. John Today" Class with Rev. Jay Pierce 🌿	17 <b>St. Patrick's Day</b> 9:30 TH Exercise 4 Health 🌿 10:00 B Good News & Trivia 11:30 JK St. Patrick's Day Luncheon and Strolling Musicians 2:00 TH *Yoga and Relaxation 🌿 3:30 GR *Community Outreach: Knitting projects for hospital patients 🌿 6:45 TH Bingo	18 9:30 TH *Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:45 LC Devotions 1:30 LC Bridge Club 🌿 2:00 TH Dancercise with Laurie (Broadway Showtunes) 🌿 6:45 TH Bingo	19 9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 TH BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:45 TH Bingo
20 9:30 3F Exercise Class 10:00 TH Morning Prayer Service 2:00 Sunday Drive ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:45 TH Bingo	21 9:30 TH Muscle and Toning 10:00 B Good News & Trivia 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 1:30 B Joy of Poetry 🌿 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Old Fashioned Board Games, Cards, and Snacks 4:30 GR Checkers	22 9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Women of History Trivia 11:30 TH RED HAT SOCIETY Lunch 🌿 1:30 LC Bridge Club 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 6:45 TH Bingo	23 9:30 3F Exercise Class 10:15 LC Inspirational Study 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Music by Debi and Neil 6:30 TH "Meeting St. John Today" Class with Rev. Jay Pierce 🌿	24 9:30 TH Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:30 Trip: Lunch at Japanese Steakhouse ★ 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Belmont Culinarians: Cooking Demo with Enrichment Leaders 3:30 GR Outreach: Knitting Projects 🌿 6:45 TH Bingo	25 9:30 TH *Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:45 LC Devotions 1:30 LC Bridge Club 🌿 3:00 TH Creative Craft: Ceramics with Jude 🌿 6:45 TH Bingo	26 9:30 TH Exercise Class 10:00 Saturday Drive - (NH) ★ 10:30 TH BV CHIME CHOIR with Carmen 🌿 2:00 TH Movie Matinee 3:30 3F Flower Arranging 6:45 TH Bingo
27 <b>Easter</b> 9:30 3F Exercise Class 10:00 TH Morning Prayer Service 11:00 JK 11:00-1:00 Easter Brunch and Music 2:00 Sunday Drive ★ 3:00 GR Ice Cream Social 4:00 TH Communion Service 6:45 TH Bingo	28 9:30 TH Muscle and Toning 10:00 B Good News & Trivia 10:30 LC Bible Study w/ Harriet 🌿 1:00 B Brain Workout 🌿 1:30 B Joy of Poetry 🌿 2:00 TH *Yoga and Relaxation 🌿 3:00 TH Resident Council 🌿 4:30 GR Checkers	29 9:30 TH Exercise 4 Health (Upper Body Workout) 🌿 10:00 B Good News & Trivia 11:30 TH MBA LUNCHEON 🌿 1:30 LC Bridge Club 🌿 2:00 TH Boot Camp (Cardio) 🌿 2:30 LC Book Club 6:45 TH Bingo	30 9:30 TH Exercise Class 10:15 LC Inspirational Study 🌿 1:00 B Brain Workout 🌿 2:00 3F Recreational Games 3:00 JK Wine, Cheese, and Music by Mark Edwards 6:30 TH "Meeting St. John Today" Class with Rev. Jay Pierce 🌿	31 9:30 TH Exercise 4 Health 🌿 10:00 B Good News & Trivia 10:30 Trip: Lunch at Mere Bulles ★ 2:00 TH *Yoga and Relaxation 🌿 3:30 GR Community Outreach: Knitting Projects 🌿 6:45 TH Bingo		





**Ambassador Club**

TUESDAY, Mar. 1, at  
3:30 p.m. in Town Hall  
**Men's Breakfast (R.O.M.E.O. Club)**

TUESDAY, Mar. 8  
7:30am - 9:00am in Bistro

**Red Hat Society**

TUESDAY, Mar. 22, at  
11:30 a.m. in Town Hall

**CHIME CHOIR**  
SATURDAYS

10:30 a.m. in Town Hall  
**March Birthday Party & Music**  
FRIDAY, March 4 @ 3:00 in GR  
**St. Patrick's Day Lunch**

**& Music**

THURSDAY, Mar. 17  
11:00am - 1:00pm in JK

**Book Club**

TUESDAYS at 2:30 p.m. in  
Town Hall

**Easter Brunch and Music**

SUNDAY, Mar. 27  
11:00am - 1:00pm in JK

**MBA Luncheon**

TUESDAY, Mar. 29, at  
11:30 a.m. in Town Hall

**Resident Council Meeting**

MONDAY, Mar. 28, at 3 p.m.

**Dancercise Class**

Come and join Laurie on  
Friday, March 4 and 18 at  
2:00p.m. for Dancercise. We  
will learn fun choreography  
with top hats and canes (in  
sitting positions) to Broadway  
Showtunes. Here's the best  
part - We will use every area of  
our brains and have a great  
time together!



**Super Bowl Party**

Residents enjoyed cheering  
their teams to victory at the Super  
Bowl Party! The fun began, snacks  
and chicken wings were served  
and everyone watched the  
Broncos and Panthers on the big  
screen TV with surround sound.  
Special thanks to Elizabeth for  
being a great hostess!



Joel and Elizabeth

**Neighborhood and Circle  
of Friends**

The Circle of Friends enjoyed  
participating with Assisted Living  
residents in Old Fashioned Board  
Games and Cards in the Town  
Hall recently. We ate snacks and  
reminisced of fun times with  
family and friends as we played  
favorite games. The COF enjoyed  
a trip to Children's Theatre to see  
a play based on the life of Rosa  
Parks. It was inspiring!



Irwin plays his own version of  
checkers!





## Save Your Vision

There's more to March than shamrocks and basketball tournaments. It's also Save Your Vision Month. Sponsored by the American Optometric Association, this annual campaign reminds us of the importance of eye health and regular eye exams.

It's said that the eyes are the windows to the soul, but they can also be the windows to potential health problems. That's why it is important to schedule a yearly exam. Regular visits to an eye doctor will not only ensure your prescriptions for eyeglasses are current, but also check for signs of conditions like cataracts and glaucoma. The early warning signs of other health concerns, such as diabetes or high blood pressure and high cholesterol, can also be detected by an eye exam.

In addition to regular visits with an eye care professional, protect your vision by eating a healthy diet that includes plenty of fruits and vegetables, using appropriate lighting for reading and tasks, and protecting your eyes from harmful ultraviolet rays.



## St. Patrick's Day History

St. Patrick's Day, celebrated each March 17, marks the date the patron saint and national apostle of Ireland died, after 40 years of missionary work, in 461 A.D. Legend and myth surround St. Patrick, who was said to have freed Ireland of snakes. His use of Ireland's sacred three-leaf shamrock to symbolize the holy trinity is a well-known story.

Patricius Magonus Sucatus was born around 390 A.D. to Roman citizens in Britain. Toiling as a shepherd, Patrick found comfort in religion. After six years, Patrick escaped, journeying home hundreds of miles over land and sea. Now devout, he studied for the priesthood, was ordained a bishop and returned to Ireland to spread Christianity.

In the fifth century, Patrick built churches, ordained priests and converted thousands of Irish people. The wandering bishop had a knack for combining Christianity and Irish culture, easing the transition for converts. A tireless missionary, Patrick was honored as a saint not long after his death.

## Weight and Blood Pressure Screening With Nurses

Second Wednesday  
1:30 p.m. in TH

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

## Paxxon Healthcare Services

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



## Wit & Wisdom

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."

—Mark Twain

"In the spring, at the end of the day, you should smell like dirt."

—Margaret Atwood

"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall."

—Nadine Stair

# Village Scene



Snowy day in the courtyard...



Daisy calls bingo!



2nd floor balcony view...



Trip to Antique Car Museum



Fun with Ceramics: Ashley and Pearl



Doris at Ceramics Class

**BELMONT** *Village*  
SENIOR LIVING  
GREEN HILLS

4206 Stammer Place  
Nashville, TN 37215

ACLF Lic. 59  
[www.belmontvillage.com](http://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