



# Belmont Village at Johns Creek Village NEWS

4315 Johns Creek Parkway • Suwanee, GA 30024 • Phone 770-813-9505 • Fax 770-813-0380

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

June 2016

### Jan Boatright

Executive Director

(770) 813-9505 ext. 104

jboatright@belmontvillage.com

### Trisha Love

Director of Resident Care Services

(770) 813-9505 ext. 105

tlove@belmontvillage.com

### Cathy Owens

Human Resources Generalist

(770) 813-9505 ext. 106

cowens@belmontvillage.com

### Leslie Sowders

Community Relations Coordinator

(770) 813-9505 ext. 107

lsowders@belmontvillage.com

### Kelly DiTullio

Activity Memory Programs Coord.

(770) 813-9505 ext. 109

kditullio@belmontvillage.com

### David Autry

Building Engineer

(770) 813-9505 ext. 111

dautry@belmontvillage.com

### Patricia Mann

Chef Manager

(770) 813-9505 ext. 112

pmann@belmontvillage.com



Father's Day is June 19, a day of commemoration and celebration of Dad—the special man in our lives.

Father's Day gives us the opportunity

to show and express our love and care for this man, who deserves our support most. Father's Day provides the opportunity to honor your father, stepfather, uncle, big brother and any other men who have acted in a father role in your life. This year on Father's Day, let's pay our humblest tribute to these special men by taking the time to thank them for the positive impact they have made in our lives.

Please join us for a luncheon on June 16, at 11 a.m., as we honor our fathers at Belmont Village. Happy Father's Day!

Jan Boatright  
Executive Director

## Fathers of Belmont



Ed N. & Family



Jack W. & Family



Howard F. & Family



John K. & Family

**"It is a wise father that knows his own child." — William Shakespeare**





## June Birthday Luncheon

It's a Belmont Village tradition to celebrate resident birthdays each month with a special birthday luncheon.

This month's luncheon is Friday, June 24, at 11:30 a.m.

Each resident may bring one guest *on the house*. Please note, there will be an extra charge per additional guest, and we **MUST** have your RSVP by Monday, June 20.

## Resident Birthdays

6/3	Howard Fox
6/9	Diane Farmer
6/10	Alice Corbett
6/16	Alma Fisher
6/22	Patricia Murphy
6/22	Marjorie Ray
6/24	Jack Weatherford
6/25	June Ziegler



## Employee Birthdays

6/5	Mojisola Alli
6/5	Tajre Molette
6/20	Rose Ocran Kakran
6/29	Cathy Armstrong
6/30	Regina Maliti
6/30	Bria Lovett



## Laugh Lines

Things you don't hear fathers say:

- Can you turn up that music?
- Go ahead and take my truck, and here's \$50 for gas.
- Why do you want to get a job? I make plenty of money for you to spend!
- Your mother and I are going away for the weekend. You might want to consider throwing a party.
- Here, you take the remote.
- I think we're lost. I better stop and ask for directions.

**Son:** Dad, do you know the difference between a pack of cookies and a pack of elephants?

**Dad:** No.

**Son:** Then it's a good thing

Mom does the grocery shopping!

**Michael:** How do you like the drum set you got for your birthday?

**Ted:** I love it!

**Michael:** Why?

**Ted:** Whenever I don't play it, my dad gives me \$10!



Ward C. & Grandsons



## It's Dad's Day!

We appreciate all the terrific dads in our community.  
Happy Father's Day!



## Use It Now, Keep It Longer

It's a simple fact: Americans are living longer. As more Americans join the ranks of centenarians, it becomes increasingly important to take steps to protect your health *now* to have good health *later*. A recent study by the Johns Hopkins Bloomberg School of Public Health and Duke University Medical Center supports the "use it or lose it" approach to aging, particularly when it comes to men's health.

In a 28-year-long study that followed 147 pairs of male twins, research found that study participants who engaged in a range of cognitive and social activities during midlife reduced their risk of developing Alzheimer's disease and dementia. Those participants who included more frequent cognitive and socially engaging activities experienced a significantly delayed age of dementia onset, especially those who possessed a higher genetic risk for developing the disease.

The moral of the story? To add life to their years, it is important for middle-aged men to maintain a socially engaging and brain-stimulating lifestyle.



## Wine and Cheese Socials



*Join us for great entertainment every Friday at 3 p.m.*

- 6/3 Tommy McKnight
- 6/10 Steven Chappelle
- 6/17 Brian Ulrich
- 6/24 Dennis Aloia



Men's Luncheon



Bob B. & Bobby B.

## Josephine's Kitchen

Breakfast 7-9 a.m.

Lunch 11 a.m.-1 p.m.

Dinner 4:30-7 p.m.

*Guest Meals:*

Adults- \$12; Children- \$6

## Beauty Salon Services

Maureen Watson, our Belmont beautician, is here every Tuesday, Wednesday, Thursday and Friday. Please sign up at the front activity table.

Anna Ball, manicurist, is here every other Wednesday offering manicures and pedicures.

## Doctors' Appointments

Scheduled transportation is provided to doctors' appointments on TUESDAY and THURSDAY between 10 a.m. and 3 p.m. Please schedule with the concierge two days in advance so that we may better serve all residents.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Father's Day to all our Belmont Village Fathers!</b> Enjoy this special day in honor of all the hard work and loyalty you have demonstrated to your families!</p>	<p>Please remember to submit your votes for Employee of the Month for July within the first week of June.</p>	<p>Check your calendars <b>OFTEN DAILY</b> for many opportunities for fun, learning, building relationships and making wonderful memories.</p>	<p>10:00 O Shopping at Kroger 11:00 AR Rummikub Club 1:00 AR Chat with the Chef 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>10:15 AR BV Boot Camp 11:00 AR Paxxon Vitals♥ 1:00 P1 Bridge Club 1:30 AR Trivia Challenge 2:00 AR Bingo for Bucks 3:15 GR You Be The Judge 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 10:45 GR Perimeter Pet Pals Visit 11:00 P3 Bible Study 1:30 AR Bananagrams (scrabble) 3:00 AR Wine &amp; Cheese: Tommy McKnight✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p>10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 O Lunch Bunch to P.F. Chang's China Bistro ★ 11:30 GR Old-Time Radio Program 3:00 AR Let's Play Basketball 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 AR Scrapbooking with Kathi 1:00 P2 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:30 AR Word Aerobics w/ Judy 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 12:00 AR Men's Luncheon 1:30 AR BV Boot Camp 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p><b>Nat'l Nursing Assistant Week Begins Today</b> 10:15 AR BV Boot Camp 11:00 AR Making Father's Day Decorations 1:00 P1 Bridge Club 1:30 AR Complete Father's Day Decorations 2:00 AR Bingo for Bucks 3:15 GR You Be The Judge 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 P3 Bible Study 12:30 O Shopping at Belks 1:30 AR Bananagrams (scrabble) 3:00 AR Wine &amp; Cheese: Steven Chappelle✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p><b>Nat'l Nursing Assistant Week</b> 10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 O Lunch Bunch to Palomilla's Grill House (Cuban) 11:30 GR Old-Time Radio Program 3:00 AR Tennis Tournament 7:00 AR Movie Theater Time</p>	<p><b>Flag Day- Display Your American Flags in Honor of Our Country</b> 10:15 AR Muscles Matter 11:00 AR Walker &amp; Wheelchair Tune-Up &amp; Assessment by Paxxon 1:00 P2 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:00 O Shopping at Kroger 11:00 AR Rummikub Club 1:30 AR BV Boot Camp 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>10:15 AR BV Boot Camp 11:00 JK Father's Day Luncheon 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:15 GR You Be The Judge 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 P3 Bible Study w/ Danny 1:30 AR Bananagrams (scrabble) 3:00 AR Wine &amp; Cheese: Brian Ulrich✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p><b>Happy Father's Day!</b> 10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p><b>Summer Begins</b> 10:15 AR Muscles Matter 11:00 O Lunch Bunch to La Madeleine Country French Cafe★ 11:30 GR Old-Time Radio Program 3:00 AR "T" Time for Indoor Golf 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 AR Scrapbooking w/ Kathi 1:00 P2 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:30 AR Word Aerobics w/ Judy 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 1:30 AR BV Boot Camp 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>10:15 AR BV Boot Camp 11:00 AR Arts &amp; Crafts w/ Charlotte 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:15 GR Old-Time Radio Program 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 P3 Bible Study 11:30 AR Resident Birthday Luncheon 1:30 AR Bananagrams (scrabble) 3:00 AR Wine &amp; Cheese: Dennis Aloia (Comedy/Magic)✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p>10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:15 O Lunch Bunch to Kani House (Japanese/Habachi)★ 11:30 GR Old Time Radio Program 3:00 AR Tennis Tournament 3:00 GR Sugar Pet Therapy 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 AR Belmont Auction 1:00 P1 Bridge Club 1:00 P2 Rosary w/ Eileen 2:00 AR Bingo for Bucks 3:00 AR Resident Council Meeting 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p>	<p>10:00 O Shopping at Kroger 11:00 AR Rummikub Club 1:30 AR BV Boot Camp 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>10:15 AR BV Boot Camp 11:00 Art Class w/ Michele 1:00 P1 Bridge Club 1:30 AR Trivia Challenge 2:00 AR Bingo for Bucks 3:15 GR You Be The Judge 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p><b>As summer approaches, please enjoy the outdoors and remember to apply your sunblock, wear a hat and stay hydrated for safety!</b></p>	<p><b>Marketplace Open Monday, Wednesday and Friday 10:30- 11:00 a.m.</b></p>



**EXTRA** Neighborhood  
**News**

- Music w/ Fredrick Jones, Thurs., June 2, at 11 a.m.
- Music w/ Smitty Lucas, Thurs., June 9, at 3 p.m.
- Wine & Cheese every Fri., at 3 p.m.
- Paxxon Therapy Exercise, every Wed., at 9:30 a.m.
- Scenic Drive, every Wed., at 2 p.m.
- Bible Study w/ Chuck Rowland, every Fri., at 9:30 a.m.
- Church Service w/ Reverend Ray Batson, every Sun., at 2 p.m.



Joe C. & Family



Ken F.

## SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

4	1	8	6	2	3	9	7	5
9	6	7	1	5	4	2	8	3
5	2	4	9	7	8	1	6	3
2	3	4	1	7	6	8	5	9
1	7	5	8	9	2	3	4	6
8	6	9	3	2	7	4	1	7
6	4	1	2	3	7	4	5	9
4	5	2	7	4	8	9	6	1
9	8	3	5	6	1	7	2	4

7			1		5			6
		9	6			2		
8		5	4		2		7	
	1					6		
	7			6			4	
		8						3
	9		8		6	4		
		7			4	9		
5			3		9			7



### What Is Sundowning?

Sundowning is a group of symptoms associated with Alzheimer's disease and dementia. It refers to emotions and behaviors—such as confusion, aggression and anxiety—that occur in late afternoon and evening, when the sun is setting.

The exact cause of sundowning is unknown. One explanation is that as natural light is reduced and shadows increase, people with dementia become confused and afraid. Their internal clock may also be affected, blurring the difference between day and night. Another trigger is exhaustion at the end of the day—of both the

caregiver and the person with dementia. A caregiver who is tired may unknowingly send nonverbal cues of frustration, whereas the patient's fatigue can aggravate symptoms.

To reduce sundowning, it's important to stick to a routine in order to create a safe and comfortable environment. Dementia patients should be encouraged to stay active during the day and avoid daytime naps, as they can lead to disrupted sleep at night. As the day wears on, the use of indoor lighting can lessen feelings of stress as natural light begins to fade. Soft, gentle music will also help create calm, soothing surroundings to make the patient feel relaxed.

For more information on sundowning and other Alzheimer's or dementia symptoms, visit [www.ALZ.org](http://www.ALZ.org).



## Colon Cancer Awareness

If you are at least 50, listen up. Even if you have hit your 40s or are closing in on that age bracket, it could be worthwhile to pay attention. Your life may depend on it.

Colorectal cancer—colon cancer for short—is the second-leading killer of all cancers next to lung cancer in the United States. The National Cancer Institute estimated that 145,000 new cases were reported and 49,000 people died from it in 2009. Those most at risk are men and women who are 50 or older, and that’s why it is suggested that they begin screening for it at that age. Nevertheless, anybody who has a family history of it should be screened for it sooner, according to the Prevent Cancer Foundation. It is considered one of the most easily preventable cancers because it develops from polyps (growths) that can be removed before they become cancerous. Those at risk are:

- Tobacco users

- Sedentary
- Obese
- Family history of inflammatory bowel disease.

Warning signs of colon cancer include:

- Rectal bleeding or blood in the stool
- Change in bowel habits
- Stomach discomfort like bloating, fullness and cramps
- Unexplained weight loss
- Constant fatigue
- Vomiting.

If you want to prevent colon cancer, heed this advice from several sources, such as the American Cancer Society:

- Be physically active and exercise, even if it’s walking for 20 minutes three times a week.
- Maintain a healthy weight.
- Don’t smoke, and reduce alcohol consumption.
- Eat a high-fiber diet rich in fruits, vegetables, whole grains, nuts and beans.
- Eat calcium-rich foods, such as low-fat and skim milk.
- Drink green tea (according to the journal “Cancer Epidemiology Biomarkers & Prevention”).

How is colon cancer treated? Surgery, chemotherapy and radiation therapy can help fight it. The Mayo Clinic says that more than 80 percent of patients can be restored to normal if colon cancer is detected and treated early.

## Employee of the Month



### Sukhmeet Rajhans

Sukhmeet has been with Belmont Village since July, 2005 - an amazing 11 years! She is a 3rd shift PAL, who we can always count on to not only work her scheduled shifts, but to fill in whenever we need her. She provides exceptional, individualized care to our residents by taking the time to know their preferences. She is a true team player, always offering assistance to her coworkers, and taking on extra duties without a second thought. We are proud to have Sukhmeet as a member of our Johns Creek family!



Irwin F. & Family



# Belmont Village Scene



Bo D. & Daughter



Ray B.



Jim L. & Son.



Neil C. & Alice C.



Aubrey M. & Marlyn G.



Allen C.

**BELMONT** *Village*

SENIOR LIVING  
JOHNS CREEK

4315 Johns Creek Parkway  
Suwanee, GA 30024

PC Lic. 58030041  
[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