

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

May 2016

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Stephanie Crump, Executive Director

# Oh May, Oh My! It's Graduation Time!

Did you know the youngest person ever to graduate from college was Michael Kearney?

This bright young man proves that having a disability like ADHD shouldn't hold you back if you've got the brains. At only four years old, Michael aced the John Hopkins diagnostic for a precocious math test, without having studied for it at all. Those math skills would pay off over the next few years, as he would graduate from high school at six. That same year, Kearney enrolled at the Santa Rosa Junior College, completing an associates degree in Geology at age 8 and going on to finish his bachelor's degree by age 10, making him the world's youngest university graduate. Kearney went on to get his

master's in Biochemistry and later taught classes at Vanderbilt University while he was working on a second master's in Computer Science.

Another bright young man is about to be added to the list of college graduates...My son!

Four years ago, I wrote an article for the newsletter announcing that Alex was entering his freshman year at the University of Alabama. It honestly seems like yesterday! On May 6th, my family and I will watch Alex walk across the stage to receive his degree in Business Management. What a wonderful day it will be, but I can assure you that I will shed plenty of tears.

Please be sure to come to Belmont on Mother's Day to celebrate with a wonderful meal prepared by our incredible kitchen staff. Be prepared to come back to see Chef Vinny fire up the grill for a Memorial Day Cookout with all of the favorites.

I wish everyone a magnificent May!







### **Birthday Luncheon**

Friday, May 27, at 11 a.m. (JK)

#### **RESIDENT BIRTHDAYS**

MAY 3 CAROLINE C.

MAY 7 ANITA R.

MAY 9 JOSEPH L.

MAY 17 LEON W.

MAY 25 HARRIETTE C.

MAY 26 JIM A.

MAY 28 HELEN W.



#### **EMPLOYEE BIRTHDAYS**

MAY 1 ERICA DUNCAN

MAY 4 MARY BAKER

MAY 6 GALISA LEAVY

MAY 8 BRIAN BLOOMFIELD

MAY 10 NIKKI HAYES

MAY 22 SHEILA MARKER

MAY 23 ELEXIS MITCHELL

MAY 27 AMBER THOMAS

MAY 28 KELEATHIA STUCKEY

# Famous Faces Born in May

May 1, 1967: Tim McGraw

May 2, 1975: David Beckham

May 5, 1988: Adele

May 11, 1904: Salvador Dali

May 14, 1944: George Lucas

May 15, 1969: Emmitt Smith

May 23, 1958: Drew Carey

May 31, 1943: Joe Namath



# Employee nthe the



Linda Cooper, COF PAL

### CONGRATULATIONS, LINDA COOPER!

Congratulations to Linda Cooper, otherwise known as "Coop" around here. She has been a part of the Belmont family for 13 years now as a PAL and now helps out with the Circle of Friends. Linda was born in Marion, Arkansas and moved with her family to Memphis, where she attended North Side High School.

Linda is married and has three children, one of whom, Stacey, worked here as a server in Josephine's Kitchen. When not at work, her nine grandchildren are keeping her busy. She loves spending quality time with her family, friends, watching old AMC movies and reading.

Some of Linda's favorite places to visit include Toledo, Ohio, Chicago, and Florida. Something that you may not know about Linda is that she loves to clean, cook, decorate, and make something old look new.

Thanks so much for all that you do, Linda! You always keep our residents smiling and entertained. Keep up the good work!





# On Sound Footing- The Health of Your Feet

Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems.

"Feet don't get any respect," says Dr. Marian T. Hannan, who studies foot disorders at the Institute for Aging Research at Hebrew SeniorLife. "They're sort of the Rodney Dangerfield of the human body."

If left untreated, foot problems may worsen. Eventually, the pain could interfere with your ability to do even the most basic things like walking up stairs or down the street. If pain alters the way you walk, it can lead to pain in your knees, hips and back as well.

Several things can contribute to foot pain or numbness. Going too far, too fast or not warming up properly before exercise can set you up for painful or numbing injuries.

Excess weight puts extra stress on your feet. Poorly fitting shoes are common causes of foot problems as well.

Health problems can also affect the feet. Lack of feeling in your feet could be a sign of a serious illness, such as diabetes or a nerve disorder.

"The good news is that most foot disorders are either treatable or modifiable," Hannan says. "The first thing that you can do is notice and keep track of it to see if there's a pattern to it." Once you figure out when you feel pain or numbness, she explains, talk to an expert who can help.

How you walk and move affects your feet. Part of that is inherited. "Not only do our feet look like our parents', but we also walk like our parents," Hannan says.

You can help keep your feet healthy by wearing comfortable, well-fitting shoes. Wash your feet regularly, wear clean socks and try to rotate your shoes to give them time to air out.

"The more you exercise your feet, the better the blood flow is to the feet, and that's important for general foot health," Hannan says.

Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This helps stretch and strengthen your feet to help you balance.

Seeing what someone's foot looks like is incredibly informative, Hannan says. "I think we're going to be seeing a lot more health care providers paying attention to the feet," she predicts.



### TRANSPORTATION FRIENDLY REMINDER!

Our concierge is always happy to assist you with your transportation needs. PLEASE GIVE AT LEAST A 24-HOUR NOTICE. It helps with the planning of the driver's schedule. Thank you.

### DOCTORS' APPOINTMENTS:

Please make all appointments on Monday, Wednesday or Friday before 2:30 p.m. SHOULD ANY OF YOUR APPOINTMENTS BE CANCELLED, PLEASE KINDLY INFORM THE CONCIERGE STAFF.

### **SHOPPING DAYS**

Weekends at 1:30 p.m.

Walgreens and Kroger

Mondays at 12:30 p.m.

Thrift Store

1st Wednesday at 9:45 a.m.

MYSTERY DRIVES

Every Saturday
TEMPLE TRANSPORTATION

Available every Friday and Sunday.

CHURCH

**TRANSPORTATION** Available every Sunday.





# May 2016

TH Town Hall B Bistro

CL Center for Learning

GR Great Room

♣ MBA

**★** Outing

CL Marketplace						
JK	Josephine's Kitchen					

MEMPHIS					- Oil	Josephine's Kitchen
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 B Trivia ♣  10:00 TH Combination Exercise ♣  12:00 Shopping: Dollar Tree ★  1:30 Shopping: Kroger ★  2:00 TH Bellevue Baptist  3:00 TH Sunday Movie  6:30 TH Bingo	9:00 B Trivia 10:00 CL Exercise- Yoga 10:30 CL Talking about May 12:30 Shopping- Walgreens/Kroger 2:00 CL Dan the History Man 3:00 CL Belmont Brain Game 4:00 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia → 9:30 TH First Evangelical 10:00 TH Combination Exercise → 10:30 Lunch Bunch ★ 1:15 CL Communion 2:00 CL CBS Evening News and Walter Cronkite 3:00 TH Bingo	9:00 B Trivia 9:30 TH Devotional with Becky 9:45 Shopping- Thrift Store 10:00 TH Exercise- Balance 10:30 Happy Birthday Audrey Hepburn 1:00 CL Marketplace 2:00 CL Putt Putt 3:00 JK Wine and Cheese: Driving Sideways	Cinco De Mayo 5 9:00 B Trivia 10:00 TH Exercise- Strength 10:30 CL Cinco de Mayo festivity! 3:00 TH Bingo	9:00 B Trivia 10:00 TH Exercise- Yoga 10:30 GR Music with Miriam 3:00 JK Social Hour: Senior Safety 4:00 B Happy Hour 4:15 TH Shabbat with David	9:00 B Trivia 10:00 TH Combination Exercise 10:30 CL Cardo 12:30 AL Mystery Drive 12:00 TH Movie Matinee 3:00 GR Dr. Samuel and Friends 6:30 TH Bingo
Mother's Day  9:00 B Trivia  10:00 TH Combination Exercise  1:30 Shopping: Kroger★  2:00 TH Bellevue Baptist  3:00 TH Sunday Movie  6:30 TH Bingo	9 9:00 B Trivia 10:00 CL Exercise- Yoga 10:30 CL Glass Fusing 12:30 Shopping- Walgreens/Kroger 2:00 CL Arts and Crafts: flowers in art 100 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia  9:30 TH First Evangelical 10:00 TH Combination Exercise 10:30 Lunch Bunch 1:15 CL Communion 3:00 TH Bingo	9:00 B Trivia  11  9:00 B Trivia  10:00 TH Exercise- Balance  10:30 B Coffee and Conversation  1:00 CL Marketplace  2:00 CL Healthy Living  3:00 JK Wine and Cheese: Rudy  Martin	9:00 B Trivia 12 10:00 TH Exercise- Strength 10:30 Picnic to Shelby Farms 13:00 TH Bingo	9:00 B Trivia 10:00 TH Exercise- Yoga 10:30 GR Music with Miriam 2:00 CL Happy Birthday Ritchie Valens 3:00 GR Gwyne's Jewels 4:00 B Happy Hour	9:00 B Trivia 10:00 TH Combination Exercise 10:30 CL UNO 12:30 AL Mystery Drive 12:00 TH Movie Matinee 6:30 TH Bingo
9:00 B Trivia ↑  10:00 TH Combination Exercise ↑  1:30 Shopping: Kroger ★  2:00 TH Bellevue Baptist  3:00 TH Sunday Movie  6:30 TH Bingo	9:00 B Trivia 10:00 CL Exercise- Yoga 10:30 B Henry Fonda's Birthday 12:30 Shopping- Walgreens/Kroger 2:00 CL Balloon Volleyball 4:00 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia 9:30 TH First Evangelical 10:00 TH Combination Exercise 10:30 Drive-thru lunch and casino trip 1:15 CL Communion 3:00 TH Bingo 5:30 JK Hand Bell Concert	9:00 B Trivia 9:30 TH Devotional with Becky 10:00 TH Exercise- Balance 10:30 B First Woman in Inventors Hall of Fame 1:00 CL Marketplace 3:00 JK Wine and Cheese:Steve Johnston	9:00 B Trivia 19 10:00 TH Exercise- Strength 10:30 CL Blackjack 2:00 CL Arts and Crafts 13:00 TH Bingo	9:00 B Trivia 10:00 TH Exercise- Yoga 10:30 GR Music with Miriam 2:00 B Happy 70th Birthday, Cher! 3:00 JK Social Hour: Julianne Thomas & Dom Fosco 4:00 B Happy Hour	9:00 B Trivia 10:00 TH Combination Exercise 10:30 CL Cardo 12:30 AL Mystery Drive 12:00 TH Movie Matinee 6:30 TH Bingo
9:00 B Trivia ↑ 10:00 TH Combination Exercise ↑ 1:30 Shopping: Kroger ★ 3:00 TH Sunday Movie 6:30 TH Bingo	9:00 B Trivia 10:00 CL Exercise- Yoga 10:30 B Happy Birthday, South Carolina 12:30 Shopping- Walgreens/Kroger 2:00 CL Workshop: mosaics 4:00 B Happy Hour 6:30 TH Monday Movie	9:00 B Trivia  9:30 TH First Evangelical 10:00 TH Combination Exercise 10:30 Lunch Bunch 1:15 CL Communion 3:00 TH Bingo	9:00 B Trivia 10:00 TH Exercise- Balance 11:00 CL Marketplace 2:00 CL National Senior Health and Fitness Day 3:00 JK Wine and Cheese: Wally Wright	9:00 B Trivia 4 10:00 TH Exercise- Strength 4 10:30 CL Blackjack	9:00 B Trivia 10:00 TH Exercise- Yoga 10:30 GR Music with Miriam 11:00 JK May Birthday Luncheon!	9:00 B Trivia 10:00 TH Combination Exercise 10:30 CL Cardo 12:30 AL Mystery Drive 12:00 TH Movie Matinee 6:30 TH Bingo
9:00 B Trivia ♣ 10:00 TH Combination Exercise ♣ 1:30 Shopping: Kroger ★ 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	Memorial Day  9:00 B Trivia  10:00 CL Exercise- Yoga  10:30 B What War Was It? Trivia  11:00 JK Memorial Day BBQ  12:30 Shopping- Walgreens/Kroger  4:00 B Happy Hour  6:30 TH Monday Movie	9:00 B Trivia  9:30 TH First Evangelical 10:00 TH Combination Exercise 10:30 Lunch Bunch 1:15 CL Communion 3:00 TH Bingo	CINCO DE MAYO	Mother's Day	Memorial Day	





### MAY ENTERTAINMENT SCHEDULE

- 5/4 DRIVING SIDEWAYS
- 5/11 RUDY MARTIN
- 5/17 HANDBELL CONCERT
- 5/18 STEVE JOHNSTON
- 5/25 WALLY WRIGHT
- 5/26 MY FAIR LADY



### Remember When: Gloves and Hats

Ladies, young and old, once considered even the nicest ensemble to be incomplete without a pair of gloves and a hat, especially in springtime. Gloves were often short and white, but sometimes matched the color of a coordinating hat. Ranging from simple to showstoppers, hats were made of materials like fabric, felt, straw or velvet, and were frequently embellished with feathers, ribbons, flowers and netting.







# Coming in December... BELMONT BOUTIQUE

One of our sister communities in Chicago shared their Belmont Boutique experience that garnered over \$3,000 for the Alzheimer's Association.

Over the next 7 months, we will be involving the residents, families, and staff in several craft projects. Early in December we will transform the Great Room and the Bistro into a grand boutique where our families and the public can purchase our creations knowing that their

purchases will benefit Alzheimer's research.

We are canvassing our residents and families to donate their time to help with our projects. You are also welcome to donate gift-quality craft projects that you already have stockpiled!

We need a host of talent for this project: woodworkers, artists, seamstresses, bakers, or any skills that you can bring to help assemble, cut, paste, glue, decoupage, tie, and various other skills to support this event...even if it's just moral support!!

We will also need volunteers for the December event as well to help create displays, stock the Bistro Bake Shop, collect money, gift wrap, etc.

It promises to be a fun-filled community effort. Please see Jean Nicolosi or Gena Garner for more details. Thanks...and let the creative juices flow!!



### COF and NEIGHBORHOOD DISCOVERIES

JELLY BEANS AND RONALD REAGAN

Last month, both the COF and the Neighborhood spent a day honoring jelly beans. While it seemed a little daunting to find a day's worth of interesting jelly bean facts, we did some digging around on the Internet and found not only the following article from the Reagan Library Archives, but a quotable quote from the man himself about jelly beans and a man's character! Hope you enjoy...

When Ronald Reagan ran for Governor of California in 1966, he began eating "Goelitz Mini Jelly Beans" as part of his successful attempt to give up pipe smoking. Herman Goelitz Candy Company, the Oakland-based producer of the jelly beans, sent a monthly shipment to the Governor's Office throughout Reagan's two terms in Sacramento. The company also made a custom-designed jelly bean jar for Reagan.

After Reagan left the governorship, he continued to receive shipments of Goelitz Mini Gourmet Jelly Beans directly from the company. When Herman Goelitz introduced its Jelly Belly brand of jelly beans in 1976, it began including the new brand in Reagan's regular shipment. Within

two years, the shipment consisted entirely of the Jelly Belly brand.

Three and a half tons of red, white, and blue Jelly Belly jelly beans were shipped to Washington, D.C. for the 1981 Inaugural festivities. Blueberry, one of Jelly Belly brand's most popular flavors, was developed in 1980. Its blue color completed the other flag colored Jelly Belly jelly beans, the red (Very Cherry) and white (Coconut).

Herman Goelitz Candy Company provided the Reagan White House with Jelly Belly jelly beans for all eight years of Reagan's presidency (As president, Reagan placed a standing order of 720 bags per month to be distributed among the White House, Capitol Hill and other federal buildings.). In February 1981, Herman G. Rowland, the president of Herman Goelitz and a fourth-generation descendant of the company's founders, received official Government authorization to develop a Jelly Belly jelly bean jar with the Presidential Seal on it. These Presidential iars of Jelly Belly beans, each in its own blue gift box, were given by Reagan to heads of state, diplomats, and many other White House guests.

President Reagan's favorite Jelly Belly flavor was licorice.

"You can tell a lot about a fella's character by whether he picks out all of one color or just grabs a handful." -Ronald Reagan



### <u>Dr. Shainberg -</u> Podiatrist

On-site visits 1st Weds. of every month. Dr. Shainberg's fee is \$40 (cash or check) at time of service. Please turn in your payment to Linda Bello, DRCS.

#### **GAMMA LABS**

On-site collection services weekly on Thursdays.

## INTERNAL MEDICINE OF THE MIDSOUTH

Dr. Randy Villanueva will be here every Thursday -Wellness Center (2nd floor). Appointments and

Appointments and questions, please see Linda Bello, DRCS.



Ronald Reagan and his love for Jelly Beans!

### **Belmont Village Scene**



Purim with Rabbi Finkelstein



Healthy Living with Katie



The Easter Bunny came to Belmont!



Maynell and Mary with the Easter bunny!



Barbara and Don enjoying St. Patty's Day!



Barbara and Bette at El Porton



6605 N. Quail Hollow Road Memphis, TN 38120

ACLF Lic. 102 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



which is the fire