



Belmont Village of Memphis Village NEWS

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

June 2016

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We Made It!!

Oh, what a beautiful day it was in Tuscaloosa on May 6th! Not a cloud in the sky and a perfect breeze to help make celebrating Alex's graduation the best it could be.

When I wrote last month that I may shed a few tears ... I was so wrong! I had river falls running down my cheeks and it didn't stop for 3 days!

Alex is now on his way to the many new adventures the world holds for him. To say that I am proud is an understatement. My heart beams with pride and joy for all of his accomplishments.

Do you have a dream that you've cast aside over the years?

It's never too late. There is proof, Bill Mohr just achieved his dream at the age of 105.

According to CBS Philly, Bill Mohr's journey marked his 105th year of life, traveled a winding

road. It was 1926, and a 15-year-old uniformed Bill Mohr was forced into a different reality.

"After my Sophomore year, my mother said 'Bill, your father's plant is moving. We have to move up there, for him to keep his job,'" said Mohr.

Bill had to get a job himself, the Prep was left behind. Work filled his days, World War II filled his mind, but Josie filled his heart. At 105, life markers come in big numbers, Bill and Josie have been married for 70 years.

No regrets, except one, he told his daughter, "I regret I was not able to finish my high school years at St. Joe's Prep." "He wanted to finish so badly," said his daughter, Jodie Hartshorne.

Enter teacher Bill Connors and Prep's president, who could only see one solution.

"We need to give him a diploma. Had Bill graduated with his class, this would have been his 85th reunion, so it is perfect," Connors said.

"If I die tomorrow, I'm not going to ask the Lord for anything. He has given me everything I need over the years."

Pull a Bill: don't compare yourself to anyone else, and work toward your goals at your own pace. As long as you never give up, you will never fail.



Birthday Luncheon

Friday, June 24, at
11 a.m. (JK)

RESIDENT BIRTHDAYS

- JUNE 5 JEAN MCDANIEL
- JUNE 6 DOROTHY ALLEN
- JUNE 12 EDNA CAMPBELL
- JUNE 21 ILENE DAVIS
- JUNE 24 KAY COLE
- JUNE 29 ELIZABETH NASH



EMPLOYEE BIRTHDAYS

- JUNE 1 JERIKA HARRIS
- JUNE 8 TAJUANA DAVISON
- JUNE 9 AVANTHEA REED
- JUNE 11 SARAH WAINSCOTT
- JUNE 15 TUESDAY WILLIAMS
- JUNE 15 JULIE GOODMAN
- JUNE 17 JEAN NICOLOSI
- JUNE 17 SHERRIE FENDRYCH
- JUNE 18 KRISTY BROWN
- JUNE 22 CARLOTTA K.
- JUNE 22 JANIFER ROSSER
- JUNE 24 JASMAINE S.
- JUNE 24 SHANIQUA SMITH



**Employee
of the
Month**



Pearlie Kelly, Housekeeper

Pearlie is our new housekeeper and has been with us now for three months. Pearlie, known as

Pearl around here, has been a breath of fresh air. In the short time she has been here you can always find her with a smile on her face and offering a helping hand.

Pearl was born in Mississippi and attended West Tallahatchie High. Pearl has two children, Makesha and Kizzie, and five grandchildren. Several of her hobbies include watching football, basketball and exercising. Her favorite sports team is the Dallas Cowboys and she loves Tony Romo.

Congratulations, Pearlie, on becoming June's employee of the month, and thank you for always going the extra mile!

**NOMINATE YOUR
FAVORITE EMPLOYEE**

Our "Employee of the Month" suggestion box is located in the Great Room.





Resident Spotlight



Ms. Evelyn Morrison

Congratulations to Ms. Evelyn Morrison on being June's Resident of the month. Evelyn has been part of the Belmont family for two years now and is always upbeat and ready for the next activity. You can guarantee to find her exercising, playing cards, or getting ready for an afternoon of Bingo.

Evelyn says she came from humble beginnings. She grew up on a small farm in Dyess, AR, and attended Dyess High School. She went on to become a high school algebra teacher and you can still find her today with that pencil behind her ear.

She met and married Hugh Morrison and they had three daughters. Something you might not know about Evelyn is that she

dated Johnny Cash before he was a star. They both came from the same small town and she said that he was "quite the gentleman." Evelyn, you are a pleasure to be around and always keep us laughing, don't ever lose that sense of humor!

The Man in Black

John, as Evelyn called Johnny Cash, grew up in the same small town of Dyess, Colony in Mississippi County, Arkansas. Ray Cash brought his family to Dyess in 1935, when President Roosevelt's administration created a space for farming families and an experiment in American socialism. With no money down, the Cash family was given 20 acres of fertile bottomland and a five-room house in which to live. The family home, which is now owned by Arkansas State University, has been restored. The house contains exhibits related to the establishment of the colony, lifestyles of typical colonists, and the impact that growing up in Dyess had on Johnny.



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.



Out & About

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 B Trivia: Mental Floss 🌿 9:30 TH Devotional with Becky 9:45 Shopping- Thrift Store 10:00 TH Exercise- Balance 🌿 10:30 B Talking about June 1:00 CL Marketplace 2:00 B History's Mysteries: Marilyn Monroe 🌿 3:00 JK Wine and Cheese: Bobby Lawson	2 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 11:00 (OUTING) Catch 'em Lake & Picnic 3:00 TH Bingo 6:30 TH Comedy Hour	3 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 2:30 B "Dunkin' & Discussin' Donuts" 4:00 B Happy Hour 4:15 TH Shabbat with David	4 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Cardo 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 3:00 GR Dr. Samuel and Friends 6:30 TH Bingo
5 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Kroger ★ 2:00 TH Bellevue Baptist 3:00 TH Holy Rosary Cub Scout Veterans' powwow 6:30 TH Bingo	6 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 10:30 B Good Morning News 12:30 Shopping- Walgreens/Kroger 2:00 CL Dan the History Man 🌿 4:00 B Happy Hour 6:30 TH Monday Movie	7 9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch ★ 1:15 CL Communion 3:00 TH Bingo 6:30 TH Evening Matinee	8 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Balance 🌿 10:30 CL Game Day -Uno 1:00 CL Marketplace 2:00 CL Healthy Living 🌿 3:00 JK Wine and Cheese: Daniel Lund 6:30 CL Blackjack	9 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 10:30 B The Great Mississippi River 12:30 OUTING- The River Boat Tour of the Mississippi 6:30 TH Bingo	10 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 3:00 TH Shavuot program 4:00 B Happy Hour	11 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Cardo 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 4:00 B Belmont Stakes Happy Hour 6:30 TH Bingo
12 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Dollar Tree ★ 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	13 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 10:30 CL Glass Fusing 🌿 11:30 TH Welcome Committee Lunch 12:30 Shopping- Walgreens/Kroger 2:00 Game Time: UNO 4:00 B Happy Hour 6:30 TH Monday Movie	14 Flag Day 9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch ★ 1:15 CL Communion 3:00 TH Bingo	15 9:00 B Trivia: Mental Floss 🌿 9:30 TH Devotional with Becky 10:00 TH Exercise- Balance 🌿 10:30 B All about Arkansas 🌿 1:00 CL Marketplace 2:00 CL Balloon Volleyball 3:00 JK Wine and Cheese: Charles Norman	16 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 11:15 Shelby Farms Picnic 3:00 TH Bingo 6:30 TH Comedy Hour	17 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 2:00 TH Wii Bowling 4:00 B Happy Hour	18 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Cardo 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 6:30 TH Bingo
19 Happy Father's Day!! 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 11:00 JK Father's Day Luncheon 1:30 Shopping: Kroger ★ 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	20 First Day of Summer 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 12:30 Shopping- Walgreens/Kroger 2:00 JK Coke float and sundaes 4:00 B Happy Hour 6:30 TH Monday Movie	21 9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch ★ 1:15 CL Communion 2:00 CL Seated Yoga 🌿 3:00 TH Bingo	22 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Balance 🌿 10:30 CL Comedy Hour: Johnny Carson 1:00 CL Marketplace 2:00 CL Brain Game 3:00 JK Wine and Cheese: Don Singleton	23 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 10:30 CL Game Time: Scrabble 🌿 2:00 CL Arts and Crafts 3:00 TH Bingo 6:30 TH Comedy Hour	24 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 11:00 JK June Birthday Luncheon! 2:00 CL Debate Team 🌿 3:00 JK Music by Jewel Jones 4:00 B Happy Hour	25 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Cardo 12:30 AL Mystery Drive ★ 2:00 TH Movie Matinee 6:30 TH Bingo
26 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Kroger ★ 3:00 TH Sunday Movie 6:30 TH Bingo	27 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 12:30 Shopping- Walgreens/Kroger 4:00 B Happy Hour 6:30 TH Monday Movie	28 9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 CL Resident Council Board Meeting 11:00 Lunch Bunch: Piccadilly ★ 1:15 CL Communion 3:00 TH Bingo	29 9:00 B Trivia: Mental Floss 🌿 9:30 TH Devotional with Becky 10:00 TH Exercise- Balance 🌿 1:00 CL Marketplace 3:00 JK Wine and Cheese: Buck Hutchinson	30 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 10:30 B New Technology 🌿 2:00 CL Seated Yoga 🌿 3:00 TH Bingo 6:30 TH Comedy Hour		



JUNE ENTERTAINMENT SCHEDULE

JUNE 1 BOBBY LAWSON
JUNE 8 DANIEL LUND
JUNE 15 CHARLES NORMAN
JUNE 22 DON SINGLETON
JUNE 29 BUCK H.



Memorable Melody: 'Don't Sit Under the Apple Tree (With Anyone Else But Me)'

A pact made between countless young soldiers and their sweethearts was summed up in this swing hit from World War II. The song debuted in 1939, but didn't top the charts until 1942. With its upbeat tempo and "No, no, no" hook, it was a feel-good morale booster for the time.



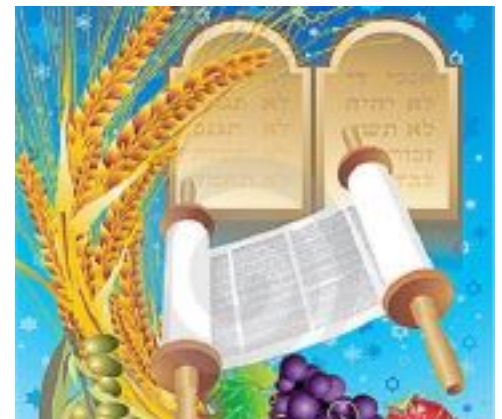
Playgrounds Made for Seniors

Playgrounds aren't just for kids anymore. Senior and multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.



Share the Joy of Shavuot

Celebrated seven weeks after the second day of Passover, Shavuot is a Jewish holiday celebrating both the summer harvest and God's gift of the Torah, which was presented to Moses on Mount Sinai. Common rituals and traditions include studying the Torah; attending synagogue to hear the story of the Ten Commandments; decorating homes with greenery, flowers and fruit; and eating dairy foods, particularly milk and cheese.





COF AND NEIGHBORHOOD DISCOVERIES

Spanish Cuisine... Muy bien!

Gazpacho...The ripest tomatoes, olive oil, garlic, bread, peppers and cucumber are blended until smooth, then chilled and poured into bowls or glasses. In southern Spain, people have it every day in the summer and there is always a jug on the counter in tapas bars.

Paella...Ingredients for paella Valenciana include chicken or rabbit, saffron, runner beans and butter beans. But the all-important element is the rice, ideally the bomba or calasparra varieties grown on Spain's east coast.

Tortilla Española...Eggs, potatoes, onions... that's it! Some purists even consider that adding onion is a gastronomic crime. The potatoes and onions are slow fried in olive oil then mixed with the beaten eggs for the flavors to mix before cooking. Add chorizo, ham, spinach, zucchini or whatever you have in hand to make a tasty meal out of next to nothing.

Gambas al ajillo...In any tapas bar, the aroma of sizzling prawns hits you and you have to order some. To recreate it at home, just fry some sliced garlic and green chili in olive oil, add prawns and parsley. Delicioso!

Tostas de tomate y jamón...

Black pigs roam among the Holm oak trees in western Spain in search of the acorns that give marbled magenta Ibérico ham its nutty flavor. Rub thick pieces of toast with garlic and tomato, pour on some olive oil and top with slices of jamón for a quick, delicious lunch.

Patatas bravas...all versions of Patatas bravas involve chunks of fried potato. Bravas sauce is made with Spanish paprika, olive oil, flour and stock – but never tomatoes.

Pollo al ajillo...Any Spaniard will tell you that the best garlic chicken is abuela's (grandma's). Unpeeled cloves of garlic are fried in olive oil to flavor it, and then taken out before adding pieces of chicken. Then the garlic goes back in with some rosemary, thyme and some dry sherry or white wine.

Cochinillo asado...This very tasty and tender dish is either roast suckling pig or lamb in huge wood-fired ovens.

Pisto...The Spanish version of ratatouille consists of onions, garlic, zucchini, peppers and tomatoes that are slow fried in olive oil.

Turrón...Spaniards devour massive amounts of turrón, or almond nougat, at Christmas. It's made from locally-grown almonds mixed with honey and egg white.

Health News

DR. SHAINBERG -PODIATRIST

On-site visits 1st Wed. 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 questions, please see Linda Bello, DRCS.

Sun Safety

Sunscreen is not the only thing to remember when you spend time outdoors this summer. A wide-brimmed hat and sunglasses will help shield you from the sun's UV rays.



Belmont Village Scene



Painting blooming flowers!



Having lunch on the patio at Huey's.



Circle of Friends had a great time at The Silver Caboose!



Mrs. Teresa and her daughters celebrating Mother's Day.



Mrs. Peg with her daughter and son-in-law on Mother's Day.



Betty and Helen at the Senior Expo

BELMONT *Village*
SENIOR LIVING
MEMPHIS

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