



Belmont Village of Memphis Village NEWS

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

July 2016

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Stephanie and Augusta celebrating Red Nose Day

DOG DAYS OF SUMMER

Summertime holds a very special place in the hearts of Americans. Whether it's flipping burgers on a sizzling grill, children running through the sprinkler in the backyard or relaxing in our favorite fishing spot, Americans really know how to do SUMMER! We especially love our Fourth of July celebrations as they stir up strong patriotism, reminding us of our country's forefathers and the trials and tribulations that have brought us to be the great nation we are today! We hold dear our traditions, such as family vacations and reunions at this time of year, as well as our fascination with holiday fireworks! What could be more

adorable than the reaction of a toddler as he experiences his first try at wielding a sparkler? At our hometown parade, we Americans love to display our Red, White and Blue, as we wave our Flag proudly with the other hand over our hearts. We smile as we watch the little scouts, fire and police departments, and even the town mayor walk with great honor, representing America and its very best. Finally, feeling the beat of the drums pound in our chest, making small tears well up in our eyes and we remember that America truly is the "Land of the Free and the Home of the Brave!"

Here at Belmont Village, we embrace the Dog Days of Summer with open arms. Join us while we enjoy everything that the warm weather offers.

We wish our residents and their families a happy and healthful summer and invite you to join us for our Patriotic celebration on the patio on Monday, July 4! Chef Vinny will be manning the grill, enjoying yet another favorite tradition-the BBQ!





Birthday Luncheon

Friday, July 29, at
11 a.m. (JK)

RESIDENT BIRTHDAYS

- JULY 8 JULIA VESCOVI
- JULY 15 WINONA STROUPE
- JULY 21 ROBERT ABBAY
- JULY 21 RUTH CLUTTS
- JULY 21 MARGARET M.
- JULY 22 MARALEE PRIGMORE
- JULY 23 GERTRUDE BOZOF
- JULY 25 SANDRA JAMES
- JULY 29 GRACE PITTS



EMPLOYEE BIRTHDAYS

- JULY 1 DENISE HENDERSON
- JULY 2 ANNIE PRYOR
- JULY 7 ANNE MCDANIEL
- JULY 7 ANITA GORDON
- JULY 9 RUTH DORTCH
- JULY 13 DEIDRE JILES
- JULY 16 LINDA CARTWRIGHT
- JULY 21 DUNDRIA R.
- JULY 27 SHEENA PURYEAR
- JULY 28 ZULA WILSON
- JULY 28 ADRIAN THOMAS



Employee of the Month



Shawn Bonner, Driver

Congratulations to Shawn Bonner, our Employee of the

Month. Shawn has been with Belmont for a year and a half now and always has a can do attitude. Twelve years ago she began her career being a bus driver. What she loves most about the job is driving and meeting new people and traveling to different cities is really neat. Shawn also loves being a mother to her girls, one of whom just graduated from high school. She also loves singing, reading, listening to a wide array of music, enjoying museums and is a major pet lover! Shawn says, "Making people smile is my mission and laugh is my goal." Well Shawn, you certainly keep our residents smiling! Thank you for all that you do!

NOMINATE YOUR FAVORITE EMPLOYEE

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





Enjoy Outdoor Events

Spring and summer mean outdoor fun. Whether you have plans to attend a sporting event, fair, festival or concert, here are some tips and reminders to make your excursion a success.

Attire. Dress comfortably and in layers. If you are going to be walking a lot or be in a large crowd, stick with sneakers and leave the flip-flops at home. For daytime events, wear a hat, sunglasses and sunscreen. If rain is a possibility, pack a poncho.

Provisions. Stay hydrated by drinking lots of water. Most places have water fountains where you can refill bottles. If it's allowed, take your own snacks. Nuts, dried fruit, pretzels and granola will give you an energy boost and are easy to carry. Take some cash, but keep your wallet secure. A front or inside pocket is best.

Behavior. Manners and consideration go a long way toward making sure everyone has a good time at any type of event. Put trash and recyclables in the proper containers. Remember the magic words "please," "thank you" and "excuse me."

Last, but not least: Live in the moment. Take a few snapshots and short videos, but then put your phone away and enjoy the event in real time—that's why you went in the first place.

Mind Exercise Games for Seniors

Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, seniors need to keep stimulated by exercising the brain 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)
 - 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:

Learning 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.

Socialize! – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly.

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 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 4:00 B Happy Hour 4:15 TH Shabbat with David	2 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive★ 2:00 TH Movie Matinee 6:30 TH Bingo
3 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Wal-Mart★ 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	4 Independence Day 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 11:00 JK Fourth of July BBQ 12:30 Shopping- Walgreens/Kroger 2:00 CL Dan the History Man 🌿 4:00 B Happy Hour 6:30 TH Monday Movie	5 9:00 B Trivia: Mental Floss 🌿 9:30 TH First Evangelical 10:00 TH Combination Exercise 🌿 10:30 Lunch Bunch-Red Lobster★ 1:15 CL Communion 2:00 CL Brain Game 🌿 3:00 TH Bingo	6 9:00 B Trivia: Mental Floss 🌿 9:45 Shopping- Thrift Store 10:00 TH Exercise- Balance 🌿 10:30 B Coffee and Good News 1:00 CL Marketplace 2:00 CL Giant Crossword Puzzles 🌿 3:00 JK Wine and Cheese	7 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 10:30 B Who Am I? 🌿 1:30 B Shelby Co. Election Commission VOTING 3:00 TH Bingo 6:30 TH Comedy Hour	8 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 2:00 CL Computer Internet class 🌿 3:00 CL Name that Tune 4:00 B Happy Hour	9 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive★ 2:00 TH Movie Matinee 3:00 CL Where in the world: Argentina 🌿 6:30 TH Bingo
10 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	11 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 10:30 CL Glass Fusing 🌿 12:30 Shopping- Walgreens/Kroger 2:00 CL Debate and Discussion 🌿 4:00 B Happy Hour 6:30 TH Monday Movie	12 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 TH Resident Council Meeting 3:00 TH Bingo	13 9:00 B Trivia: Mental Floss 🌿 9:30 TH Devotional with Becky 10:00 TH Exercise- Balance 🌿 1:00 CL Marketplace 2:00 CL Healthy Living 🌿 3:00 JK Wine and Cheese	14 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 12:00 Trip to Planetarium★ 3:00 TH Bingo 6:30 TH Comedy Hour	15 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 11:45 TH Ladies Luncheon 2:00 CL Arts and Crafts 🌿 4:00 B Happy Hour	16 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive★ 2:00 TH Movie Matinee 6:30 TH Bingo
17 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Kroger★ 2:00 TH Bellevue Baptist 3:00 TH Sunday Movie 6:30 TH Bingo	18 9:00 B Trivia: Mental Floss 🌿 10:00 CL Exercise- Yoga 🌿 10:30 B Republican National Convention Discussion 🌿 12:30 Shopping- Walgreens/Kroger 4:00 B Happy Hour 6:30 TH Monday Movie	19 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	20 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Balance 🌿 1:00 CL Marketplace 3:00 JK Wine and Cheese	21 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 3:00 TH Bingo 6:30 TH Comedy Hour	22 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 4:00 B Happy Hour	23 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive★ 2:00 TH Movie Matinee 6:30 TH Bingo
24 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Kroger★ 3:00 TH Sunday Movie 6:30 TH Bingo	25 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	26 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	27 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	28 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Strength 🌿 3:00 TH Bingo 6:30 TH Comedy Hour	29 9:00 B Trivia: Mental Floss 🌿 10:00 TH Exercise- Yoga 🌿 10:30 GR Music with Miriam 11:00 JK July Birthday Luncheon! 4:00 B Happy Hour	30 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 10:30 CL Blackjack 12:30 AL Mystery Drive★ 2:00 TH Movie Matinee 6:30 TH Bingo
31 9:00 B Trivia: Mental Floss 🌿 10:00 TH Combination Exercise 🌿 1:30 Shopping: Kroger★ 2:00 TH Bellevue Baptist 6:30 TH Bingo						



JULY ENTERTAINMENT SCHEDULE

JULY 4	PIER D' BLUES
JULY 6	DRIVING SIDWAYS
JULY 13	WALLY WRIGHT
JULY 20	BUCK HUTCHINSON
JULY 27	STEVE JOHNSTON

A BLAST FROM THE PAST!



Stephanie and Cha-Cha



Sarah Maiden



Anita and Ms. James



Let Freedom Ring

This month, we observe Independence Day, a time to celebrate the freedom of our nation. Discuss with your friends and neighbors what this word means to you.

- How do you define freedom?
- What freedom do you have that you are most thankful for? Why?
- Can you remember a time when you or someone you knew didn't have a particular freedom or right? What was the situation?
- Are there any freedoms that you think are still missing today? Why do you think that is? Why should we have these freedoms?
- Imagine a world where you didn't have the same freedoms you have now. How would your life be different?

Fireworks on the Fourth

In a letter to his wife on July 3, 1776, John Adams wrote that the country's impending day of independence should be commemorated "with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." The first Independence Day fireworks were set off on July 4, 1777, in Philadelphia.





COF AND NEIGHBORHOOD DISCOVERIES

Unusual, and sometimes very creepy, pets...

Related to the guinea pig, the **capybara** is the largest rodent in the world, growing to about 4 feet long and weigh over 100 pounds. Capybaras need lots of outdoor space and places to swim. Not recommended for young children, as they're not as tolerant as other domestic pets.

The **stick insect** has been entertaining children in classrooms for years, because of its unique appearance and simple care needs. These intriguing insects are usually around 4 inches long and can live for several years in the right conditions. Stick insects are very low-maintenance and make good first pets for children.

Miniature donkeys make good pets because they are affectionate and good with children. They are about 3 feet tall and weigh between 200 and 350 pounds at maturity.

Hedgehogs are generally low-maintenance, gentle pets. Wild hedgehogs eat insects, but you can buy hedgehog mixes at pet stores that are specially formulated for these spiny creatures This is a pet that mostly sleeps all day and is up all night.

Pygmy goats are grass-eaters are similar to small dogs in size.

They are considered easy to care for. They are very sociable and are happier with other pygmies around.

Potbellies like a regimented exercise and mealtime schedule. Potbellies are intelligent and affectionate, but like to be the center of attention, so one pig is enough for any family.

Wallabies are timid animals that require a lot of open space. They are great escape artists, and regular privacy fences are no match for them. These animals do not house-train easily, and they are generally nocturnal, which could mean sleepless nights for you.

Skunks are very sensitive and intelligent animals, with curious personalities. They can be litter-trained, and eat diets similar to a ferret. Make sure you locate a vet who is comfortable treating skunks for spaying, neutering, and scent gland removal before you bring one into your fold.

If you can get past the idea of keeping a **cockroach** on purpose, you might realize these hissers actually make really good pets. They don't fly or bite, and the hissing sound they make is pretty cool, too. Cockroaches could make excellent first pets for children, especially those interested in bugs.



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.

The Science Behind Mosquito Bites

Are you one of those people who often gets eaten alive by mosquitoes, while your friends remain bite-free? Blame your family tree: Scientists estimate that genetics make up 85 percent of a person's susceptibility to mosquito bites. Research has also shown that these pesky insects may prefer people with type O blood.

Belmont Village Scene



Snowden middle school choir came to Belmont to perform for our residents!



Belmont supported "Red Nose Day"!



Rukija and Dot having a little fun!



My Fair Lady performance.



Betty with one of the Boll Weevils from Carnival Memphis.



Ms. Elaine and her Boll Weevil friends!

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