



Belmont Village of St. Matthews

VillageNEWS

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

June 2016

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Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much, and made possible the life we all enjoy.

To care for those who once cared for us is the highest honor one can have.

June is National Caregivers Month. Patricia Will, the President and originator of Belmont Village, coined the term P.A.L. when opening the first Belmont nearly 20 years ago. She thought that these caregivers are much more than just that - thus the term Personal Assistant Liaison.

When we look around our Community, we also see just that - staff who are PALS to residents, and even more than PALS - they become and extension of that resident's family.

Our PALS are with their seniors everyday. They know their residents well, how Mrs. Smith likes to structure her day; what type clothes she likes to wear, styling her hair, how late she likes to sleep or how early she goes to bed. If Mrs. Smith is not feeling well, our PALs are often the first to notice.

To say our staff goes "above and beyond" is a simplistic statement compared to the reality of any given day. These staff members say they are honored to care for the elderly. They don't just

provide physical care, but offer shoulders to lean on or corny jokes to laugh at. They bring in homemade cookies to share with all.

Many of our staff has been with us over 12 years. To me, that speaks volumes of their dedication, not just to being caregivers, but establishing a sense of "family" that sets us apart from other local senior housing communities.

So a special THANK YOU goes out to each of our PALS for their professionalism, compassion and care of our residents!

Not to sidestep Father's Day! Currently at our Community we have a higher than national average number of men living with us. Collectively, these men have provided over 500 years worth of guidance, hugs, shoulders to cry on, developing moral compasses, and being role models. As a father myself, and a new grandfather (the role of a lifetime!), I personally know the deep responsibility and privilege of being called "Dad."

Happy Father's Day to all us Dads!

Be sure to enjoy the month of June - go outside each day and soak in the positive warmth of the sun, fresh air, bright colors and all that Mother Nature provides.

Ted



June Resident Birthdays

- 6/4 Shirley Whonsetler
- 6/5 Ethel Van Bogaert
- 6/7 Kitty Stephens
- 6/21 Fred Claypool
- 6/21 Nancy Weis
- 6/22 Carolyn Fentress
- 6/25 Mary Kempf



June Staff Birthdays

- 6/1 Rachael Twyman
- 6/6 Vickie Sutton
- 6/7 Naw Say Wah
- 6/9 Daniel Batts
- 6/18 Shawn Lannan
- 6/21 Adrianna Johnson
- 6/24 Tchope Simugomwa
- 6/30 John Neuhauser



June Staff Anniversaries

- 16 yrs 6/12 Steve Ross
- 15 yrs 6/25 Mary Fields
- 1 yr 6/10 Hailee Riney
- 1 year 6/29 Chalesé Davis
- 7 yrs 6/2 Nadege Mulenge
- 7 yrs 6/2 Marcella Nguyen
- 2 yrs 6/19 Bette Martin

Dad, Papa, Father - Whatever He Is Called, He's Special

Father's Day is Sunday, June 19. We are fortunate at Belmont Village to have such a wonderful group of men who are dads and equally, a group of men who although may not be biological dads, have given a fortune's worth of advice, counsel and guidance over the years.

We want to honor these men with a special Father's Day luncheon Sunday, June 19, 2016, from 11:00 - 1:00 p.m.

Our kitchen team is cooking up all the "guys type" of fixins: Prime rib, double stuffed potatoes, some good Kentucky bourbon as well as other delicious fare.

We invite guests to join us for this meal. Cost is \$14 per adult guest. *Please make your reservations by June 9 by calling 721-7500.*



What Makes a Dad

God took the strength of a mountain,
the majesty of a tree,
the warmth of a summer sun,
the calm of a quiet sea,
the generous soul of nature,
the comforting arm of night,
the wisdom of the ages,
the power of the eagle's flight,
the joy of a morning in spring,
the faith of a mustard seed,
the patience of eternity,
the depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
and so, He called itDAD



Your Management Team: Top L to R: Armando, Steve, Sharon, Bev & Ted. Bottom L to R: Lorinda, Sheri, Kathryn & Samantha



Butterfly Garden

Somehow there is nothing as peaceful that brings us pure joy as watching a butterfly rest on a leaf. Folklore often says that butterflies reflect the souls of loved ones moved on, and are sent to us as a fond memory of that loved one.

We are excited to have experts from Idlewild Butterfly Farm visiting our Community in June. They will not only bring us samples of plants that butterflies love to fly around, but help us in the creation of our own butterfly garden out back beside our patio.

We will also take a trip to the new Butterfly Farm & exhibit on Logan Street later in the month to see hundreds of butterflies up close.



Meeting the Spiritual Needs of Our Residents

We feel quite blessed to have had Chaplain Kathy Meyers come into our lives.

Many of you know we have

been partnering with Reverend John Slider of the Breckenridge Church to provide us weekly interdenominational worship services on Sunday nights.

John introduced us to Chaplain Kathy, who offered to provide us with two wonderful things:

She is leading a weekly Bible Study on Monday afternoons. With over 25 years of biblical experience she has developed a group of attendees who delve deeper into God's word and His wonders.

After being here around a month, Kathy offered to begin doing one to one ministry with residents in need of either spiritual guidance, comfort, reassurance, a shoulder to cry on or a hug.

In May she happened to be visiting a resident who went into distress, and had to go to the hospital. The resident's daughter came in to take her. Kathy was able to be with them, pray with them and offer reassurance.

She has visited residents in the hospital as well.

If YOU, as a resident would like to visit with Kathy, or YOU as a family member would like for her to visit with your resident, contact Kathryn Ray at 721-7500.



Employee of the Month: Evelyn Oberita, Waitstaff Member

Evelyn is a member of our Long Standing Staff - she is a dedicated and hardworking employee who has been with Belmont Village since October 2006.

She always has a smile on her face and seems to lift the spirits of everybody she comes in contact with. People like to sit at any table that she serves because she greets them with warmth and friendliness. When asked what makes her so happy, she replied "I love being here, I love my job, and I love my co-workers."

Born in the Philippines, Evelyn is one of seven children.

After leaving home, she spent seven years in Hong Kong where she worked as a caregiver. This paved the path for her love of working with seniors. After those years in Hong Kong, she moved to the US permanently in 1997.

She and her husband have a daughter. Evelyn misses her family and says that working with the residents here at Belmont gives her joy because they remind her of her parents.

Please congratulate Evelyn Oberita for being named our Employee of the Month, April 2016. She wins a \$100 gift card.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Family Fun Night Join Kathryn for Family Night on Tuesday, June 21 at 7:00 as she shows us how to make fun items showing off our great Kentucky heritage! And enjoy some fine Kentucky wines. Reservations required by calling 721-7500		1 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn ♻️ 11:30 Out to Lunch Bunch: Mark's BBQ Feed Store & Shopping After 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 3:00 GR Guest Guitarist Chris Performs 6:30 TH New Movie Showing	2 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 2:00 TH Help make gifts for PAL day 3:00 GR Magic Show by Magician Michael 6:30 TH Bingo with Kelly & Bingo Buck Auction	3 Boutique Open 12:00 - 3:00 p.m. 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 3:00 TH Marketplace Opens 3:00 GR Singer Ron Marks Performs 6:30 TH Bingo	4 9:30 To Synagogue 10:00 TH Play Bunco 12:30 GR Card Ministry w/Verna (sending cards to those in need) ♻️ 1:00 Out to Walgreens 6:30 TH Marie's Saturday Night Classic Movie
5 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Guitarist Marie Augustine Performs 6:30 TH Worship & Praise Service with Rev. Slider ●	6 10:00 TH Dancercise class with Tori ♥ 10:00 Out to Walmart 10:30 TH Trivia Fun with Kathryn ♻️ 2:00 TH Bible Study with Chaplain ♻️ 3:15 TH Wine and Watercolors Class ♻️ 6:30 TH Bingo with Karen	7 10:00 TH Exercise for Arthritis ♥ 10:30 Out to Dollar Tree 11:30 GR Guest Pianist Dr. Bob Brown 2:00 TH Play Jeopardy w/Kathryn ♻️ 3:00 TH Bells & Beaus Choral Practice 6:30 Play Dominoes 6:30 B Bridge Games	8 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn ♻️ 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers	9 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 10:30 To St. Matthew's Library 2:30 TH Creative Beading with Wendy 5:30 JK Supper Concert by The Greens 6:30 TH Bingo with Kelly & Bingo Buck Auction	10 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 3:00 TH Marketplace Opens 3:30 TH Bingo with Robert 6:30 TH Bingo	11 Belmont Stakes 9:30 To Synagogue 10:00 TH Play Bunco 12:30 GR Card Ministry w/Verna (sending cards to those in need) ♻️ 1:00 Out to Walgreens 3:00 GR 40 Little Kids come Dance for us! 6:30 TH Marie's Saturday Night Classic Movie
12 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Play corn hole - win a prize! 6:30 TH Worship & Praise Service with Rev. Slider ●	13 10:00 TH Dancercise class with Tori ♥ 10:00 Out to Target 10:30 TH Trivia Fun with Kathryn ♻️ 2:00 TH Bible Study with Chaplain ♻️ 3:15 TH Immigration Debate: The Wall? ♻️ 5:00 GR Super Music by Katie 6:30 TH Bingo with Karen	14 Flag Day 10:00 TH Exercise for Arthritis ♥ 10:30 TH June Birth Flower & designing arrangements ♻️ 2:00 TH Make & Take w/Kathryn 3:00 TH Bells & Beaus Choral Practice 6:30 Play Dominoes 6:30 B Bridge Games	15 9:30 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn ♻️ 11:00 To Midway, KY for lunch at Darlin Jeans 12:00 Guided Tour of historic Georgetown, KY 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing	16 National Caregiver Day 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 2:00 TH Guest Speaker from Butterfly Farm in Kentucky ♻️ 3:00 GR Reception in honor of our PALS 6:30 TH Bingo with Kelly & Bingo Buck Auction	17 Boutique Opens 12:00 - 3:00 p.m. 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:00 TH What Your Favorite Colors Say About Your Personality ♻️ 3:00 TH Marketplace Opens 4:00 L Shabbat ● 6:30 TH Bingo	18 9:30 To Synagogue 10:00 TH Play Bunco 12:30 GR Card Ministry w/Verna (sending cards to those in need) ♻️ 1:00 Out to Walgreens 3:00 GR Pianist Nancy Porter Entertains 6:30 TH Marie's Saturday Night Classic Movie
19 Father's Day 9:00 Morning Church Transportation 11:00 Special Dad's Day Luncheon 11 - 1:00 p.m. 1:30 Scenic or Historic Drive 3:00 GR Barber Shop Quartet and Old Fashioned Ice Cream Social 6:30 TH Worship & Praise Service with Rev. Slider ●	20 10:00 Out to Walmart 10:00 TH Dancercise class with Tori ♥ 10:30 TH Trivia Fun with Kathryn ♻️ 2:00 TH Bible Study with Chaplain ♻️ 3:30 TH Summer Spelling Bee & Peach Shakes ♻️ 6:30 TH Bingo with Karen	21 10:00 TH Exercise for Arthritis ♥ 10:30 Shopping at TJ Maxx 3:00 TH Bells & Beaus Choral Practice 6:30 Play Dominoes 6:30 B Bridge Games 7:00 TH Family Fun Night: Kentucky Crafts	22 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn ♻️ 11:30 Out to Lunch Bunch: Kingfish on River in So. Indiana followed by trip to The Widows Walk Ice Cream 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 3:00 GR Happy Hour Music by Don 6:30 TH New Movie Showing	23 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 2:00 TH Creative Beading with Wendy ♻️ 3:00 TH Guest Speaker from Louisville Rose Society ♻️ 6:30 TH Bingo with Kelly & Bingo Buck Auction	24 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 11:30 Birthday Luncheon 2:00 GR Concert by Al Mahan 3:00 TH Marketplace Opens 3:30 TH Bingo with Robert 6:30 TH Bingo	25 9:30 To Synagogue 10:00 TH Play Bunco 12:30 GR Card Ministry w/Verna (sending cards to those in need) ♻️ 1:00 Out to Walgreens 3:00 TH Historian Laura Wheaton Lectures ♻️ 6:30 TH Marie's Saturday Night Classic Movie
26 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR 3:00 Pianist Nancy Porter Entertains 6:30 TH Sunday Night on the Patio with Music by Karen & Family	27 10:00 Out to Target 10:00 TH Dancercise class with Tori ♥ 10:30 TH Trivia Fun with Kathryn ♻️ 2:00 TH Bible Study with Chaplain ♻️ 3:15 TH Book Club Meeting "Fannie Flagg" ♻️ 3:30 TH Geography Bee: Win a Prize! ♻️ 6:30 TH Bingo with Karen	28 10:00 TH Exercise for Arthritis ♥ 2:00 TH Resident Council 2:45 GR Louisville Library Bookmobile Visits 3:00 TH Bells & Beaus Choral Practice 6:30 B Bridge Games 6:30 Play Dominoes	29 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn ♻️ 11:30 Out to Lunch Bunch: Cattleman's Road House 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing	30 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 3:00 TH Kathryn's Famous Strawberry Shortcake & Stories of Old 6:30 TH Bingo with Kelly & Bingo Buck Auction 6:30 To concert by Louisville Chorus at Beargrass Church: Patriotic Review		



Keep Cool: Stay Moving and FEEL GOOD

This summer, learn how to prevent being short of breath and maximize your energy levels! The ability to move is not merely a matter of using your limbs or handling objects. There can be pulmonary problems that may interfere with your body's ability to use oxygen to fuel muscles for movement.

Our therapists at Belmont Village work with patients to improve mobility and increase the benefits of oxygen flow. Therapists do not only work with individuals who are ill or have injuries, but they can also develop programs geared toward prevention and wellness. We can teach you strategies to use to prevent shortness of breath, improve quality of breathing and oxygen flow, improve functional endurance, and techniques for conserving energy levels simplifying daily tasks.

Feel free to stop by and see us in the therapy gym or give us a call anytime at 502-895-7887. We look forward to speaking with you!



Louisville Rose Society

Roses perform differently in different parts of the country. Members of The Louisville Rose Society have grown them all and can tell you which roses grow best in Louisville. They can also tell us the growth habits: size of bush and bloom, best color hold, best fragrances, best disease resistance.

In our own Community we have many residents who have grown prize winning roses over their lifetimes!

We are excited to have members of the Louisville Rose Society coming to Belmont in June to share with us about Kentucky Roses; issues that can prevent good roses, and how to tell a "beauty."

We invite our families to join us for this lecture!

Thursday, June 23, 2016, at 3:00 p.m., in the Town Hall.



What Colors Say About You

Do you like to dress in blue on a regular basis? Is your apartment decorated in green undertones, with curtains, bedspreads and your bathroom all reflecting your love of the color?

Did you know that the colors you chose speak volumes about your personality?

Each color reveals personality traits. Join Kathryn on Friday, June 17, 2016, at 2:00 p.m., in the Town Hall, as she teaches us the Meanings of Colors and how this ancient art is still true today.



Derby is a special time in Louisville. For two weeks we attend parades, steamboat races, bed races, bourbon tasting, fine galas and of course, let's not forget the horse racing!

Each year we have an Oaks Luncheon on Oaks Day. Chef Mark prepares his famous Hot Browns, Mint Juleps and of course, Derby Pie. Our residents design their own hats and fascinators.

Above: Liv shows off her first handmade fascinator.



Marian rocked the day in her pretty pink and blue combination.

What was SO MUCH FUN was that in our dining room at the Oaks Luncheon, over 95 percent of our women were dressed up, and sporting beautiful hats or fascinators!

One was more beautiful than the other!



Barbara looked like a model in her outfit!



Mary Kay peeked out from her blue, white and pink combo.



Pat had so much fun she had us all laughing!



Odette and Sherrill Halcomb made a handsome couple!



Mary Rose also designed her beautiful fascinator. Classic!



Ethel and Shannon were excited to get to the Luncheon!



Mary Rose and daughter made some Kentucky coasters.



Charlie shows off his Kentucky coaster he and his daughter made at our Family Craft Night.



Odette and her daughter each made a Kentucky pendant.



Garnet was stunning in that exquisite black hat!



Beautiful Marie at our Oaks Luncheon



The guys enjoyed their Papa John's & Beer lunch.

BELMONT *Village*

SENIOR LIVING
ST. MATTHEWS

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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