



Belmont Village of St. Matthews

VillageNEWS

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

July 2016

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2016 is more than half over and I can say that this has been one of the most interesting years of my life. So much has happened and continues to happen. Every day is filled with many challenges, some welcomed, some not so welcomed. There is always lots to talk about each day and in some cases, not enough hours in the day to cover it all. We add chapters to our book of life each day.

I think as far as the weather is concerned -- summer temperatures have finally arrived!! It means more time for cookouts under the blue skies, and lots of traveling with family to some of those popular summer vacation spots.

Our vegetable gardens are off to a good start - both the one in the Neighborhood and off the back patio of the large dining room. Feel free to weed or water to your heart's content!

I encourage you to take many evenings watching the day wind down on our back patio. Grab a friend and enjoy the breeze of the ceiling fans. Kathryn has a good crowd at the Cocktails on the Patio. We have outdoor games residents and families are welcome to use any time: corn hole, horse shoes, bocce.

As in all my notes, I try to always encourage everyone to be safe and keep it at the forefront of

everything we do. Wear sunscreen when outdoors! Pools opened on Memorial Day and someone has already had to be rescued from a local rock quarry... folks just aren't always thinking about safety with outdoor activities.

There are some great events happening that you will want to mark your calendar for this month, starting with the 4th of July luncheon! There are many more activities, so please plan on attending as many as you can-- you will not be disappointed!!!

July 4th is a great time to reflect on the privileges we have as American citizens - privileges that many gave their lives for and that other countries continue to strive for.

We will continue to have numerous fundraisers throughout the year for the Alzheimer's Association. This cause is very dear to us so please find it in your heart to participate either by donating, attending, or purchasing -- depending on the activity!!!

Ted





July Resident Birthdays

- 7/1 Sylvia Coman
- 7/5 Norma Strafford
- 7/7 Mary Hall
- 7/10 Bill Boone
- 7/22 Charlie Marcum
- 7/24 Doris Hubble
- 7/27 Pat Lovell
- 7/28 Denny Terry
- 7/30 Joan Ogden

July Staff Birthdays

- 7/5 Wendy Smilie
- 7/22 Aku Soga
- 7/26 LaDonna Bowens
- 7/27 Kelli Augustine
- 7/28 Michael Stalls



July Staff Anniversaries

- 15 yrs 7/15 Tchope Simugomw
- 12 yrs 7/8 Lynette Malone
- 1 yr 7/6 Shawn Laanam
- 1 yr 7/24 John Keller
- 2 yrs 7/17 Moo Paw



We were excited to have Mr. & Mrs. Robin lay eggs in a very visible place in May where we were able to watch the laying of the eggs, the baby birds hatching and eventually flying off last month. This was one of three visible nests we observed over Spring. The ducklings hatched on the first floor as well and then waddled across the street to Bluegrass Creek. (Traffic stopped for the parade!) We had a jackpot going on - what day do you predict the baby robins will "fly the coop"? Over 40 folks guessed as we watched mom and dad literally push the babies out of the nest. Congratulations to Maggi Bopp for hitting the date exactly! It was a fun educational event to be a part of.

Bells & Beaus Concert

July wouldn't be July without an Independence Day celebration! On July 4, Chef Steve and his team will host a picnic style luncheon (from 11- 1:00) with hamburgers, baked beans, salads, watermelon and all the fixings. Cost for adult guests is \$12.00.

Our own Choral Club - the Bells & Beaus - will give their first performance this afternoon at 3:00 in the Great Room at 2:30 p.m.. Resident Sylvia Coman will participate in the program by reading a Freedom poem she wrote.

Following will be another **Patriotic Concert at 3:00 p.m. by The Prime Time Band.**

Be sure to wear your red, white and blue!



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



The BEST of July 4th

When asked, most people say that their favorite holiday is either Christmas, Thanksgiving or Easter.

As I've grown up, I decided that July 4th is on the top of my list. Why, you ask? Such a small holiday in comparison to the grandeur of the "biggies".

Without the adoption of the Declaration of Independence we would not have the America we know today.

On July 1, 1776 John Adams had written to his wife Abigail:

The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more."

Although off by two days, John's foresight was accurate. The celebrations last "from this time forward forever more."

Independence Day is a day to celebrate family and friends. There are no gifts to rush and buy, wrap and label. No large amounts of time spent cooking or baking. No "dressing up" required.

It's a day to wear shorts and flip

flops; get together with friends and family to listen to summer music, grill hot dogs and burgers; bring out the hose; play outdoor games; listen to a neighborhood concert or attend a local parade.

The top off for the evening are fireworks - either the ones you shoot off at the end of the driveway or the larger shows held in various arenas. I love the faint smell of ash as the smoke settles. Watching children run up and down the street with sparklers, trying to write their names in the air. Friends taking lawn chairs out front to chat with others (a long lost art).

No computer games, no cell phones, no movies indoors.

And, bottom line, that's what this Holiday is all about. Enjoying our hard won rights to be happy, to play, and celebrate our heritages.

So, if you look for me on the 4th, I'll be the one in jean shorts, red polka dotted flip flops and an Old Navy t-shirt with red, white and blue bicycles on it.

I'll save a sparkler for you!

Kathryn Ray



Let's Keep Moving!

The ability to move is not merely a matter of using your limbs or handling objects. There can be cardiac or pulmonary problems that may interfere with your body's ability to use oxygen to fuel muscles for movement. Our therapists work with patients to improve mobility, thus increasing the benefits of oxygen flow.

Therapists do not only treat you when you are ill or injured. We can develop a program geared toward prevention and wellness. A person with cardiovascular disease may have many questions about how to continue with activities of daily living. They may wonder how they can engage in the activities they have always enjoyed without jeopardizing their heart's health. We are able to help you do these things!

Feel free to stop by Belmont's gym Monday-Friday to say hello or call us at 895-7887 so we may share with you how we can help you be the best you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Join us for a 6 week lecture and discussion series held on Friday afternoons: Kentucky: A State Divided The Civil War in Kentucky Each week we'll discuss a variety of topics including: • Camp Nelson is now our Canada • George Jesse and his Kentucky Mounted Rifles • Kentucky Women & The Civil War • Lincoln, the Civil War & the evolution of American Humor • Springfield & the Battle of Perryville • The War's Closing Days			9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:00 TH Beginning of Lecture/Discussion Series: A State Divided: The Civil War in Kentucky. Week one: "Camp Nelson is now our Canada" 🌱 3:00 TH Marketplace Opens 3:30 TH Bingo 6:30 Cards & games around Community	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
3 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 and First of Month Communion Service ●	4 Independence Day 10:00 TH Dancercise class with Tori ♥ 10:00 Out to Walmart 11:00 JK 11:00 - 1:00 p.m. Independence Day Luncheon 1:30 TH Bible Study with Chaplain 🌱 2:30 GR Concert by: Belmont Bells & Beaus 3:00 GR Independence Day Concert by the Prime Time Band 🌱 6:30 TH Bingo with Karen	5 10:00 TH Exercise for Arthritis ♥ 10:30 Out to Dollar Tree 11:30 GR Guest Pianist Dr. Bob Brown 2:00 TH Guest Speaker: Kentucky Native Plants 🌱 3:00 TH Bells & Beaus Choral Practice 6:30 Play Dominoes 6:30 B Bridge Games	6 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn 🌱 1:00 Outing for guided tour of Speed Art Museum 2:00 L Catholic Rosary 3:00 GR Guest Guitarist Chris Performs 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing "Suffragette"	7 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 2:00 TH DVD College Lecture Series: Our National Parks: Week one: Yellowstone & Grand Teton 🌱 3:15 TH Learning new: Simple Stained Glass techniques class 🌱 6:30 TH Bingo with Kelly	8 Belmont Boutique Open 11:30 - 3:00 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:00 TH Beginning of Lecture/Discussion Series: A State Divided: The Civil War in Kentucky 🌱 3:00 TH Marketplace Opens 3:15 TH July Jeopardy 🌱 6:30 Cards & games around Community	9 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 Corn Hole or Golf contest - win a prize! 6:30 TH Marie's Saturday Night Classic Movie
10 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Corn Hole or Golf Contest - win a prize! 6:30 TH Worship & Praise Service with Rev. Slider ●	11 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 Beginning Art Class: Acrylic paints using Pointillism 🌱 5:00 GR Super Music by Katie 6:30 TH Bingo with Karen	12 10:00 TH Exercise for Arthritis ♥ 10:30 TH July's Birth Flower & designing arrangements 🌱 2:00 TH July Spelling Bee w/Kathryn 🌱 3:00 TH Bells & Beaus Choral Practice 6:30 B Bridge Games 6:30 Play Dominoes	13 10:00 TH Morning Stretches ♥ 10:00 Out to Kroger 10:30 TH Trivia & Memory Fun w/Kathryn 🌱 1:00 Outing: Broad Run Winery 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing: "The 33"	14 10:00 TH Exercise to the Oldies 10:30 To St. Matthew's Library 10:30 TH Boutique Building w/Kathryn 2:00 TH DVD College Lecture Series: Our National Parks: Week Two: Yosemite & Redwoods 🌱 3:00 GR Concert by The Grizzels 6:30 TH Bingo with Kelly	15 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:00 TH Lecture/Discussion Series: A State Divided: The Civil War in Kentucky: Week 2: George Jesse & his Kentucky Mounted Rifles 🌱 3:00 TH Marketplace Opens 3:30 TH Bingo 4:00 L Shabbat ● 6:30 Cards & games around Community	16 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
17 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Corn Hole or Golf contest 6:30 TH Worship & Praise Service with Rev. Slider ●	18 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 Geography Bee - win a prize! 🌱 6:30 TH Bingo with Karen & Bingo Buck Auction	19 10:00 TH Exercise for Arthritis ♥ 10:30 Consignment Shopping 2:00 TH Healthy Eating with Chef Steve ♥ 3:00 TH Bells & Beaus Choral Practice 3:00 GR Singer Steven Pate Performs 6:30 Play Dominoes 6:30 B Bridge Games	20 10:00 TH Morning Stretches ♥ 10:00 Out to Kroger 10:30 TH Trivia & Memory Fun w/Kathryn 🌱 2:00 L Catholic Rosary 3:00 TH Casino Games & Cocktails 4:30 Special Supper & Live Jazz Concert 6:30 TH New Movie Showing: "Walt Before Mickey"	21 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 2:00 TH DVD College Lecture Series: Our National Parks: Week 3: Smokey Mountains & National Rivers 🌱 3:15 TH Guest Speaker & Exhibitor: Idlewyde Butterfly Farm 🌱 6:30 TH Bingo with Kelly	22 Belmont Boutique Open 11:30 - 3:00 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:00 TH Lecture/Discussion Series: A State Divided: The Civil War in Kentucky: Week 3: " Kentucky Women & The Civil War" 🌱 3:00 TH Marketplace Opens 3:30 TH Bingo 6:30 Cards & games around Community	23 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 Historian Laura Wheaton: Kentucky in the Civil War 🌱 6:30 TH Marie's Saturday Night Classic Movie
24 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Corn Hole or Golf Contest - win a prize! 6:30 TH Worship & Praise Service with Rev. Slider ●	25 10:00 Out to Target 10:00 TH Dancercise class with Tori ♥ 10:30 TH Trivia Fun with Kathryn 🌱 11:30 R.O.M.E.O. (retired old men eating out) Lunch Out 2:00 TH Bible Study with Chaplain 🌱 3:15 TH New Book Club Meeting 🌱 6:30 TH Bingo with Karen	26 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 7:00 PA Cocktails & Live Music on the Patio with Kathryn	27 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Trivia & Memory Fun w/Kathryn 🌱 11:30 Out to Lunch Bunch: Doc Crows on the River 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH New Movie Showing: "Love the Coopers"	28 10:00 TH Exercise to the Oldies 10:30 TH Boutique Building w/Kathryn 2:00 TH DVD College Lecture Series: Our National Parks: Week 4: Grand Canyon 🌱 3:15 TH Learning New: Mosaics 🌱 6:30 TH Bingo with Kelly	29 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 11:30 Birthday Luncheon 2:00 TH Lecture/Discussion Series: A State Divided: The Civil War in Kentucky: Week 4: "Lincoln, The Civil War & the Evolution of American Humor" 🌱 3:00 TH Marketplace Opens 3:30 TH Bingo 6:30 Cards & games around Community	30 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
31 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR 3:00 Pianist Nancy Porter Entertains 6:30 TH Worship & Praise Service with Rev. Slider ●						



Employee of the Month

Congratulations to Rachel Twyman as our newest Employee of the Month!

Born and raised in Louisville, Rachel attended Spencerian Nursing School for her LPN. She has always loved helping people - "That's why I became a nurse" she said.

Her hobbies include poker and spending time at the lake.

Married for two years, she and hubby have a 4 month old, Connor, and two furry children (boxers).

Rachel said, "Belmont has been great to me. I have been here 4 years, first as a PAL and now as a nurse."

According to Bev DeYoung, Director of Resident Care Services, "Rachel is a great nurse, has shown good judgment consistently, picks up shifts as needed and always a team player!"

Rachel wins a \$100 gift card. Congrats to you!



Her Majesty's Secret Service invites you to a night of dinner, drinks and games at the Casino Royale Hosted by Miss Money Penny (Kathryn) and 007 (Wendy).

Let us know if you're shaken but not stirred enough to attend.

Wednesday, July 20, 2016
4:30 - 7:00 p.m.

Featuring an afternoon of blackjack, rolling dice and spin the wheel.

Followed by a special dinner by Chef Steve and his Mob.

Live Jazz music during supper.

New Lecture Series

Join Kathryn for discussions, followed by a DVD College Level Class "Explore the Grandeur & History of our National Parks".

This 6 - 8 week class, held Thursdays at 2:00 will tour the continent's greatest and most fascinating protected areas.

Course content includes: *Yellowstone Origins & Future; Grand Teton & Jackson Hole; Yosemite, Natures Cathedral; Redwoods & Sequoias; Great Smokey Mountains; The Grand Canyon's 2 billion year history; Petrified Forest, Bryce Canyon, Ancient Settlements; Rocky Mountains, National Seashores & Lakeshores; Shenandoah; Mammoth cave, The Everglades & Bottomland; Death Valley; Our National Rivers.*

Residents who attend over 95 percent of the classes will receive a Certificate of Completion & a gift card.



Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body needs to keep stimulated by exercising. In order to enhance the continued growth and development of new nerve cells and neural function, there are a variety of things you can do.

Exercising the brain helps:

- Reduce loss of gray matter (the nuts and bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- 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:*

- **Learn 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 one of the classes offered at Belmont each month. Do something to stimulate, activate and exercise your brain to think in new ways.

- **Create a scrapbook** – this type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years. Need help with supplies? See Kathryn.
- **Socialize!** – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly, more frequently if possible. Taking interest in those around you is good for your brain.
- **Laugh!** – Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, that 'feel good' hormone in the brain. Laughter also helps stimulate the brain and enhances learning.
- **Engage in 'Thinking Games'** – Such as crossword puzzles, Sudoku or chess.

However you chose, keep that brain stimulated - it's definitely like the old adage "If you don't use it, you lose it." Doing any of the above not only helps you keep what you have, but also grows new cells.



Dear Belmont Families:

We wanted to inform you that our Memory Programs Coordinator, Samantha Davis, has relocated. Her last day with us was June 10th. She has accepted a new position as Memory Care Program Director at Watercrest of San Jose in Jacksonville, FL.

Her genuine interest and passion for serving Belmont Village residents and their families will be greatly missed. She launched many creative programs for the Circle of Friends and The Neighborhood, including a sensory program, regular ROMEO outings, a family education and support group, and she strengthened our relationship with the University of Louisville Music Therapy program. The Circle of Friends has blossomed into the largest it has ever been at St. Matthews. The Enrichment Leaders she worked with excelled in their roles under her direction, and the latest Circle of Friends cognitive assessments indicated some of the highest individual resident improvements of all the Belmont Village communities. This was a tremendous accomplishment and we are extremely proud of her and our Enrichment Leaders.

We wish Samantha well in her future endeavors and thank her for all of her hard work here at Belmont Village!



Charlie was all smiles with his family loving on him!



The Vinyl Kings plays rock 'n roll music at our picnic - lots of dancing happening!



Eula May was proud to have several generations of family around her at our picnic.



Our 2 gardens are beginning to see the "fruits" of our labor!



Corn hole is *always* a great game.



The "guys" had a pizza 'n beer lunch

BELMONT *Village*

SENIOR LIVING
ST. MATTHEWS

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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