Director’s Corner

Who’s ready for fall? This year is just flying; it’s hard to believe it is already September. I hope everyone enjoyed the Summer Concert Series; we had a blast and loved being able to enjoy the outdoor spaces of the community.

Change Is Good!!

I am sure everyone has noticed the new faces around our community. We have experienced some turnover of our staff in recent months. We have had some amazing staff come through the community; when they have opportunities to grow in their lives and careers we are supportive of their decisions. The faces may be new but we are still as dedicated to providing a high level of quality care and services in each of the department. I believe with the recent additions to our team we will be better than ever. I want to thank you all for your patience and understanding as we work to improve each and every day.
**Resident Birthdays for September**

Sept 21  William Kelly  
Sept 26  Arden Zinn  

Each resident may bring one guest “on the house.” This month’s luncheon is on Thursday, September 28th, at 11:30am. Please note there will be an extra charge per additional guest. We MUST have your RSVP to the concierge by noon on Friday, September 22nd. Thank you!

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**Employee Birthdays in September**

Sept 4 Nakio Lane  
Sept 6 Micarah Young  
Sept 7 Gricelda Heredia  
Sept 7 Henriette Barr  
Sept 8 Rebecca Workman  
Sept 15 Joanne Rochford  
Sept 17 Sylvia Neal  
Sept 25 Sabrina Smith  

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**What’s Going on in Belmont Buckhead**

- **September 1** - Mix & Mingle w/Jim Pearce@3:00pm  
- **September 6** - Meet and Greet New Residents@3:30pm  
- **September 7** - Sing Along w/June@3:30pm  
- **September 7** - Creative Crafts w/Charlotte@1:30pm  
- **September 8** - Mix & Mingle w/Debra Leib@3:00pm  
- **September 9** - First Alliance Church@2:00pm  
- **September 10** - Annual State Fair@1:30pm  
- **September 15** - Mix & Mingle w/Craig Gleason@3:00pm  
- **September 19** - Dessert & Dancing w/Ben & Pam@6:30pm  
- **September 21** - Creative Crafts w/Charlotte@1:30pm  
- **September 22** - Mix & Mingle w/Jeni Michaelson  
- **September 26** - Karaoke Crooners@2:30pm  

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**September Employee of the Month**

Bernadette Manns joined Belmont Village in the Resident Care Department in 2016. Bernadette has exemplified Belmont Village Spirit with her positive attitude and compassion toward our residents. She provides exceptional care to the residents and builds meaningful relationships with both residents and fellow team members. Belmont Village is honored to announce September Employee of the Month - Bernadette Manns
Mind Exercise Games
For Seniors

The brain is a complex organ that, like a muscle, elderly parents need to keep stimulated. Exercise your brain with games and crafts 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)
• Promote neurogenesis (development of new brain cells)
• Improve attention spans and the ability to concentrate
• Strengthen brain synapses (communication pathways)
• Increase blood flow (more oxygen means healthier cells).

Who doesn’t want to increase brain function, regardless of age? You can exercise your brain or mind in many ways, such as:

• 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.
• Creating a scrapbook – This type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years
• Socializing! – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly, more frequently if possible.
• Laughing! – Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, the “feel-good” hormone in the brain. Laughter also helps stimulate the brain and enhances learning.
• Engaging in “Thinking Games” such as crossword puzzles, Sudoku or chess.

Transportation

Please see the concierge to schedule your personal transportation needs (i.e., doctors’ appointments). Transportation is on a first-come, first-served basis and is offered within a 10-mile radius.

We need one week’s notice for all appointments. If your family member needs someone to accompany them, it should be arranged with Theresa one week prior to the appointment.

Mondays and Thursdays, the last appointment scheduled is no later than 2 p.m. The last pickup is at 3 p.m.

Salon

Ms. Beverly is here on Tuesday, Wednesday, Friday and Saturday for hair appointments, with nails on Fridays. Appointment can be made by calling the Concierge at (404) 252-6271.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>Labor Day</strong></td>
<td><strong>Bodies, Music, &amp; Motion</strong></td>
<td><strong>Holy Spirit Communion</strong></td>
<td><strong>Bistro Bingo</strong></td>
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<td><strong>Shabbat Service Webcast</strong></td>
<td><strong>Stretch Zone</strong></td>
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<td><strong>Lifeline</strong></td>
<td><strong>10:00 AM Daily Devotions</strong></td>
<td><strong>11:00 AM Muscle Matters</strong></td>
<td><strong>1:30 PM Mental Fitness: Brain Teasers</strong></td>
<td><strong>6:00 PM Beyond the Book Club</strong></td>
<td><strong>11:00 AM Wii: Games</strong></td>
<td><strong>10:45 AM Daily Devotions</strong></td>
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<td><strong>Activity Room</strong></td>
<td><strong>11:00 AM Mental Fitness: Morning Discussion</strong></td>
<td><strong>11:00 AM Wii: Bowling</strong></td>
<td><strong>1:30 PM Outing: Shopping at Walmart</strong></td>
<td><strong>6:00 PM Community Bingo</strong></td>
<td><strong>1:30 PM Mental Fitness: Can You Name 5?</strong></td>
<td><strong>1:00 PM Bible Study</strong></td>
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<td><strong>Grandparents Day</strong></td>
<td><strong>1:30 PM Table Games: Are You Smarter Than a 5th Grader?</strong></td>
<td><strong>3:00 PM Mental Fitness: Residents’ Choice</strong></td>
<td><strong>6:00 PM Beyond the Book Club</strong></td>
<td><strong>6:30 PM Cinema Night!</strong></td>
<td><strong>3:00 PM Mix &amp; Mingle @ 3pm</strong></td>
<td><strong>2:00 PM Movie Matinee &amp; Popcorn</strong></td>
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<td><strong>3:00 PM Table Games: Are You Smarter Than a 5th Grader?</strong></td>
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**September 2017**
Chat With the Chef
Come join our Chef as he shares his culinary wonders!
Chat with the Chef will be held on Wednesday, September 13th, @ 2:30pm.

What’s Cooking

Culinary Corner
Join guest chef Mary Douma, who will be making Strawberry Shortcake on Thursday, September 14 @1:00pm.

Belmont Goes to Broadway
It’s been all hands on deck as the residents, staff, and families have been preparing for the State Fair! Remember to save the date Sunday, September 10, 2017, from 11:30a-3:00p. It will be an opportunity for us to share with the community how much we appreciate them.

Starting in September, the residents will be hitting Broadway in Atlanta as many dazzling shows will be arriving in the city. Please be on the lookout for emails regarding registration.

Here is a quick glance at the shows: The King & I (Sept.), Color Purple the Musical (Oct.), Cirque Du Soleil: Luzia (Nov.), The Lion King (Jan. ’18), and crossing our fingers for Hamilton (May ‘18).

Cow Humor:
-What do you call cattle with a sense of humor?
   A laughing stock

Working hard on her State Fair Cow (Mary Ellen)

Josephine’s Kitchen

Hours of Operations
Breakfast 7:00am - 9:00am
Lunch 11:00am - 1:00pm
Dinner 4:30pm - 7:00pm

“This Month In History”

SEPTEMBER

1882: New York City hosts the first observance of Labor Day. A parade and picnic were part of the celebration, organized by the Central Labor Union.

1916: The first self-service grocery store, Piggly Wiggly, opens in Memphis, Tenn.

1920: In Canton, Ohio, the American Professional Football Association is formed. It would later be renamed the NFL.

1947: James Forrestal is appointed to the new cabinet post of secretary of defense.


1966: The Metropolitan Opera House officially opens at its new home at New York City’s Lincoln Center for the Performing Arts.

1973: Billie Jean King beats Bobby Riggs in a tennis match dubbed the “Battle of the Sexes.” King defeated Riggs in three straight sets, earning a $100,000 prize.

1982: The first edition of USA Today hits newsstands.

1999: After 87 years, Tiger Stadium, home of MLB’s Detroit Tigers, hosts its final game.

2008: The U.S. Mint unveils four new designs for the penny. The coin’s reverse depicts milestones in President Abraham Lincoln’s life.

2015: The medieval fantasy TV series “Game of Thrones” wins a record-setting 12 Emmy Awards, including outstanding drama.

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Circle of Friends & Neighborhood News:
The residents have thoroughly enjoyed the summer just as many of you have. Their days have been filled with activities that challenged their minds, sparked their creativity and encouraged fun. Here are some highlights of what COF & NH have been up to:

- Reading Current Events (Cecil)
- Playing Pictionary (Helen, Emily, Rachel)
- Making a Greek Watermelon Salad (Dot)
- Trivia on the porch (Betty N., Betty L., & Edith)
- Taking care of the body with a morning workout
- Creating art (Ann)
- Musical entertainment (Marianne)

COF 1 Outings:
9/6 Scenic Drive @ 1:30
9/13 Atlanta History Museum @ 10:00
9/20 Scenic Drive @ 1:30
9/27 Lunch- Red Lobster @ 11:00

COF 2 Outings:
9/2 Scenic Drive @ 10:00
9/9 Sundae Treats @ 10:00
9/16 Scenic Drive @ 10:00
9/26 Picnic @ 10:30

Neighborhood Outings:
9/1 Scenic Drive @ 10:00
9/8 Azalea Park @ 10:00
9/15 Picnic @ 10:00
9/22 Scenic Drive @ 10:00
9/29 Museum @ 10:00
What’s Happening in Our Community

Is that watermelon? (Dr. Kelly, Carolyn, & Cecil)

A smile is the nicest thing to wear (Derky, M.A., & Faydra)

Hot topic discussion in AL

Smile, Sparkle, and Shine ladies (Lisa & Marilyn)

Enjoying the sunshine (Dennis & El)

Whipping up something yummy (Betty L. & Dr. Leonard)

BELMONT Village
SENIOR LIVING
BUCKHEAD

5455 Glenridge Drive NE
Atlanta, GA 30342
PC Lic. 60030281
www.belmontvillage.com

Belmont Village Communities


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