

THE VILLAGE NEWS



A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

AUGUST 2020

Director's Corner

As we welcome the warmth and sunshine of summer, we cannot help but wish that our families and friends were able to freely enter our community. We are glad for all of the patio visits we have been able to arrange in this time though! We have a tent set up for our residents to be shaded and a plexiglass barrier on the fence to keep everyone safe! If you want to schedule a patio visit with your loved one, contact Leanna McKenzie (for PC residents) or Melissa Weidman (for Circle of Friends/Neighborhood residents). Their emails and phone extensions are found in the directory to the right of this note!

We are so glad to be able to hold small group activities and resume some semblance of normalcy. The residents continue to do small dining groups. Our dining room staff does a wonderful job in ensuring that everyone's needs are met with the changes in seating times! Our activity leaders are careful to spread chairs out for daily groups, and the residents

are thriving with increased activity and interaction! Therapy is hard at work with our residents to keep everyone moving! Our concierge and drivers have been working to coordinate patio visits, FaceTimes, scenic drives, family phone calls, and more. The housekeepers are careful to keep everything sanitized and clean to keep our community healthy. Our PALs and nurses have been bravely continuing to serve our residents through this difficult time. Their smiles and positive attitudes speak to the wonderful staff that we have! I am so proud of the way our staff has pulled together through this season. It takes a Village!

We will continue to keep you updated on any changes on policies. We are blessed that our building has remained untouched by COVID-19 thus far. Although we want to see our families and friends visiting soon, we have the responsibility to keep our residents safe. As soon as it is prudent to allow visitors, we will celebrate! We look forward to that day, and in the meantime, we at Belmont Village St. Matthews pray that you and your loved ones remain safe, healthy, and blessed!

-Ted Burfict, Executive Director

OUR TEAM

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AUGUST RESIDENT BIRTHDAYS

- 8/1 Darline H., 3rd floor
- 8/3 Marjorie C., 2nd floor
- 8/8 Margaret B., 2nd floor
- 8/13 Martha F., 2nd floor
- 8/15 Andrance J., 2nd floor
- 8/15 Dennis P., 2nd floor
- 8/17 Linda C., 1st floor
- 8/26 Barbara H., 2nd floor
- 8/28 Shirley W., 2nd floor

AUGUST STAFF BIRTHDAYS

- 8/4 Mya F., PAL
- 8/8 Hannah H., PAL
- 8/13 Roshonda P., Nurse
- 8/14 Jatonya C., PAL
- 8/17 Jalynn S., Nurse
- 8/20 Brenda G-S., Concierge
- 8/22 Annie M., PAL
- 8/24 Steve R., Chef Manager
- 8/25 Shannon B., Enrichment Leader
- 8/25 Samantha F., PAL
- 8/29 Arielle J., PAL



KEEPING YOU INFORMED

As you know, we are closely monitoring the evolving situation caused by the new coronavirus, COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect their health and safety, and following the recommendations of the Centers for Disease Control and Prevention, we are suspending all nonessential visits, large community gatherings, and resident outings. Know that we have screening protocols in place to ensure residents are in good health, and team members and essential outside care providers and vendors are being screened as well. If you have any questions, we will be happy to speak with you.



AUGUST STAFF ANNIVERSARIES

- 19 yrs Mary F., Concierge
- 12 yrs Francoise M., PAL
- 8 yrs Thelma M., Housekeeper
- 7 yrs Lisa C., PAL
- 4 yrs Hazemina J., Dishwasher
- 3 yrs Maryan A., Server
- 2 yrs Rosa J. M., Nurse
- 1 yr Karen W., Cook
- 1 yr Paula W., PAL



HAPPY RETIREMENT KATHRYN!

Kathryn retired on July 1st after more than 21 years of service with Belmont Village. Kathryn has been a kind and loving force behind our community programming for many years. Although the pandemic made a traditional retirement party impossible, we still sent her off in style! St. Matthews' management team and enrichment leaders coordinated a vehicle parade to celebrate Kathryn and show her our love and support. Former staff, current staff, residents, and Kathryn's family all joined in. Cars were decorated with balloons and signs. We made quite a ruckus with the honking and shouting!

Kathryn was completely surprised, and we were so glad to honor her in this way! After the parade, residents and staff were invited to share cupcakes and punch. Belmont Village gifted Kathryn with a Cricket crafting machine for her retirement, which she is thrilled to learn to use as a new hobby!

We will miss Kathryn greatly but wish her all the best in her well-earned and well-deserved retirement!



Car with signs and balloons lined up to parade!



A few residents riding in style in the parade!



Even Kathryn's grandchildren joined the parade!



REFRESHING WATERMELON




Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Every part of the melon can be eaten, even the rind and seeds.

Watermelon is grown in most U.S. states, with Florida, Texas, California, Georgia and Arizona leading production.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BIRTHDAYS ARE CURRENTLY CELEBRATED ON A RESIDENT'S SPECIAL DAY ITSELF!</p>		<p>PLEASE RECOGNIZE THAT WE CONTINUE ON A MODIFIED ACTIVITY SCHEDULE AT THIS TIME</p>		<p>All Events Are Subject to Change</p>		<p>11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro) 3:00 Bingo with Mike</p>
<p>2 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 TH Sunday Movie Matinee</p>	<p>3 10:00 TH Flex Band Classes ♥ 2:00 TH Brain Blast 🌱 3:15 TH Ambassador's Club Meeting- New members welcome 4:00 TH Marketplace Opens</p>	<p>4 10:00 TH Wake Up and Work Out ♥ 1:00 TH Smartphone and Tablet Help 2:00 TH Belmont Jeopardy 🌱 3:15 TH Bingo (limit 10)</p>	<p>5 10:00 GR Parkinson's Exercise Class ♥ 11:30 TH Out to Lunch Bunch - lunch brought in 2:00 TH Book Club 🌱 3:00 GR Happy Hour w/Summer Drinks</p>	<p>6 10:00 TH Exercise Class ♥ 10:30 B Flower Arranging 2:00 GR Brain Blast 🌱 3:15 TH Arts and Crafts</p>	<p>7 9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 2:00 TH TED Talks Lecture Series 🌱 3:15 TH Chair Yoga with Leanna ♥ 4:00 TH Marketplace Opens</p>	<p>8 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro) 3:00 Bingo with Mike</p>
<p>9 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 TH Sunday Movie Matinee</p>	<p>10 S'mores Day 10:00 TH Flex Band Classes ♥ 2:00 TH NEW! Bon Appetit: S'mores 🌱 3:15 B Bingo Games 4:00 TH Marketplace Opens</p>	<p>11 10:00 TH Wake Up and Work Out ♥ 1:00 TH Smartphone and Tablet Help 2:00 TH Lecture by Laura (Therapies Manager): 🌱 3:00 TH Classic Movie Club (NEW!)</p>	<p>12 10:00 TH Dancercise w/Leanna ♥ 11:30 TH Out to Lunch Bunch - lunch brought in 2:00 TH Book Club 🌱 3:00 GR Happy Hour w/Summer Drinks</p>	<p>13 10:00 TH Exercise Class ♥ 10:30 B Flower Arranging 2:00 GR Brain Blast 🌱 3:15 TH Art Class with Beth</p>	<p>14 9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 2:00 TH TED Talks Lecture Series 🌱 3:15 TH Chair Yoga with Leanna ♥ 4:00 TH Marketplace Opens</p>	<p>15 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro) 3:00 Bingo with Mike</p>
<p>16 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 TH Sunday Movie Matinee</p>	<p>17 10:00 TH Flex Band Classes ♥ 2:00 TH Brain Blast 🌱 3:15 TH Watercolor and Wine 4:00 TH Marketplace Opens</p>	<p>18 10:00 TH Wake Up and Work Out ♥ 1:00 TH Smartphone and Tablet Help 2:00 TH Belmont Jeopardy 3:15 TH Bingo (limit 10)</p>	<p>19 10:00 TH Dancercise w/Leanna ♥ 2:00 TH Snow Cones and Hawaiian Trivia 🌱 3:00 GR Hawaiian Happy Hour! 4:00 JK Luau Dinner!</p>	<p>20 10:00 TH Exercise Class ♥ 10:30 B Flower Arranging 2:00 GR Brain Blast 🌱 3:15 TH Arts and Crafts</p>	<p>21 9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 2:00 TH TED Talks Lecture Series 🌱 3:15 TH Chair Yoga with Leanna ♥ 4:00 TH Marketplace Opens 4:00 L Shabbat ●</p>	<p>22 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro) 3:00 Bingo with Mike</p>
<p>23 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 TH Sunday Movie Matinee</p>	<p>24 10:00 TH Flex Band Classes ♥ 2:00 TH Brain Blast 🌱 4:00 TH Marketplace Opens</p>	<p>25 10:00 TH Wake Up and Work Out ♥ 1:00 TH Smartphone and Tablet Help 2:00 TH Spelling Bee- win a meal ticket! 🌱 3:15 TH Bingo (limit 10)</p>	<p>26 10:00 TH Dancercise w/Leanna ♥ 11:30 TH Out to Lunch Bunch - lunch brought in 2:00 TH Book Club 🌱 3:00 GR Happy Hour w/Summer Drinks</p>	<p>27 10:00 TH Exercise Class ♥ 10:30 B Flower Arranging 2:00 GR Brain Blast 🌱 3:15 TH Art Class with Beth</p>	<p>28 9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 11:30 Birthday Luncheon 2:00 TH TED Talks Lecture Series 🌱 3:15 TH Chair Yoga with Leanna ♥ 4:00 TH Marketplace Opens</p>	<p>29 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro) 3:00 Bingo with Mike</p>
<p>30 10:30 TH Catholic Mass Live on TV 1:30 Bus Ride Scavenger Hunt (Limit 7 - reservations requested) 3:00 TH Sunday Movie Matinee</p>	<p>31 10:00 TH Flex Band Classes ♥ 2:00 TH Brain Blast 🌱 3:15 TH Odd News Stories 4:00 TH Marketplace Opens</p>					



Out & About

Have you checked out our scenic drives? These drives are a safe way to get out of the community for a change of scenery. Drives are available weekly for Circle of Friends and Assisted Living residents. Assisted Living drives are every Sunday afternoon with Mike. Sign up today!



Resident Council

Resident Council will resume once we can gather in larger groups.

These meetings are a forum for residents to discuss concerns and have an opportunity to ask questions of the administration. All are welcome and encouraged to attend!



Take Time to Savor All of the Joys of Summer!

History Lesson

AGE DOESN'T MATTER

Gray Panthers founder Maggie Kuhn was born Aug. 3, 1905, in Buffalo, N.Y. Although she wanted to continue working, she was forced to retire at age 65. She then founded the Gray Panthers to fight age discrimination.

The Gray Panthers became known for advocating nursing home reform and fighting ageism, claiming that "old people and women constitute America's biggest untapped and undervalued human energy source." The organization's work led to a ban on mandatory retirement in most professions.

What's **NEW!** New?

CHECK OUT SOME NEW ACTIVITIES ON OUR SCHEDULE!

Tuesday	Phone/Tablet Help - get assistance with devices
Wednesday	Dancercise Class! -seated & standing options
Wednesday	Book Club -read and discuss
Fridays	TED talks -short lectures on innovative topics
Fridays	Chair yoga -breathe, stretch, & relax from a chair
1x month	Bon Appetit! discover new food history, & sample!



GOOD HYGIENE TIPS

One of the best ways to prevent illness is by practicing good personal hygiene. Take these steps to protect yourself:

Wash your hands well and often. Use soap and water and wash hands for at least 20 seconds, making sure to scrub the backs of your hands, between the fingers, your thumbs and your fingernails. This is important after being in a public place.

Use hand sanitizer if soap and water are not available. Be sure your hand sanitizer contains at least 60% alcohol. Cover all surfaces of your hands and rub them together for at least 20 seconds until they feel dry.

Avoid touching your face. Although it can be difficult and requires conscious effort, keep your hands away from your eyes, nose and mouth.

Follow proper etiquette when you sneeze or cough. Cover your nose and mouth with a tissue when you sneeze or cough. Throw away the tissue, then wash your hands well or use hand sanitizer. If you don't have a tissue, sneeze or cough into your elbow, not into your hands.



*Congratulations to the Employee of the Month **Arletis Morales!** Originally from Cuba, our brilliant HR assistant is currently pursuing a Professional Human Resources Certification while working at Belmont.*

After living in different countries in South America, she moved to the United States 5 years ago. Arletis first resided in Florida. After a year, she moved to Louisville. Arletis has been with Belmont Village since November 2019!

Arletis loves to travel and make memories everywhere she goes. Something many people do not know about Arletis is that she graduated from art school! She enjoys painting on canvas and doing craft projects in her free time. She loves to be outdoors, and is a proud fur mom of two cute dogs!

Arletis enjoys being able to bring new ideas to improve our employee engagement and a pleasant work environment.



“Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun.”

Kent Nerburn

July was an exciting month as we all celebrated being together again. Granted the groups were smaller, fewer people at the dining table, and everyone wearing masks. But what joy in being with others!

In August we will continue to meet in our groups in Circle of Friends and the Neighborhood. We will celebrate all things summer-hot days, sunshine, ice cream, bus rides around the city and each other in our Village, all while being prepared to take advantage of any opportunities presented to us in this year of COVID-19.

Stay safe and well,
The Memory Care Team





Kathryn's retirement celebration!



Working on Patriotic themed art.



Craft time with Beth!



Bingo!



Working on a brain teaser.



Designing silk scarves.

BELMONT *Village*

SENIOR LIVING

ST. MATTHEWS

4600 Bowling Boulevard
Louisville, KY 40207

PC Lic. 100891

BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Aliso Viejo, Burbank, Calabasas, 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, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville, Dallas, Fort Lauderdale

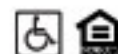
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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