

THE VILLAGE NEWS



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

SEPTEMBER 2020



August was certainly a month of challenges for us here at Belmont Village St. Matthews, but it was nothing that our wonderful team could not handle. We worked hard to ensure the safety of residents and staff. We are thankful for the support and understanding shown by our residents' loved ones. These are certainly challenging times nationally, but together we will persevere!

Many thanks to the support of the corporate team. They were in constant communication to guide and assist in any way that they could. We also maintained regular communication with the local health department.

Thanks are also due to the brave staff who worked hard in the midst of difficult circumstances to care for our wonderful residents. Each staff member stepped up in a way that was truly remarkable. Our community is practicing

optimism and joy in all circumstances!

As this challenging season continues in our nation, I want to remind us all to show grace to each other. Times are uncertain and unconventional, but kindness is always appropriate. We at Belmont Village St. Matthews continue to keep all our residents, fellow team members, and community in our thoughts and prayers.

- Ted Burfict
Executive Director



POSITIVE THOUGHT

“A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.”—Hugh Downs

OUR TEAM

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SEPTEMBER RESIDENT BIRTHDAYS

- 9/5 Judy R., 1st floor
- 9/8 Jean W., 2nd floor
- 9/15 Mary S., 1st floor
- 9/27 Roger H., 3rd floor
- 9/28 David G., 2nd floor



SEPTEMBER STAFF BIRTHDAYS

- 9/1 Taylor H., PAL
- 9/1 Rosa J.M., Nurse
- 9/7 Arletis M., HR Assistant
- 9/17 Keisha T., PAL
- 9/17 Casia G., PAL
- 9/18 Oriana G., PAL
- 9/25 Lee B., Enrichment Leader
- 9/28 Kamila B., Server



POSED FOR YOGA MONTH

Get a leg up on a healthy lifestyle by trying out some yoga movements during National Yoga Month in September. Experts say you don't have to be a flexible yogi to see both physical and mental benefits from this type of exercise. Modified styles, such as chair yoga, have been shown to improve strength, balance and mobility, and even the deep breathing of yoga can positively impact fitness and mood.

Did you know that Activity Coordinator Leanna is a certified yoga instructor? She teaches a beginners chair yoga class on most Friday afternoons. Come give it a try!



SEPTEMBER STAFF ANNIVERSARIES

- 4 yrs Michael D., Driver
- 1 yr David A., Driver



CELEBRATING IN SEPTEMBER

September is the most common birth month in the U.S., according to government statistics from the past 20 years. The most common birthdate? Sept. 9.



AGE WITH CONFIDENCE

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

- Health professionals say these lifestyle choices are key to aging well:
- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.



FALL IS HERE

Autumn begins Tuesday, Sept. 22.

Spotlight on Safety



For the safety of our residents, we will be adjusting driving availability provided by Belmont Village. We are uncertain how long these changes will remain in effect, so please contact the front desk to check our schedule!

In order to take proactive measures against COVID-19, we are canceling group outings and scenic drives. We are only providing transportation to essential medical appointments. If you are uncertain if your appointment falls into that category, reach out to the nursing staff.

We are discouraging unnecessary travel out of the community and would urge residents to reschedule those non-essential appointments for a later date. Thank you for your cooperation and flexibility!




Associate of the Month



Congratulations to our concierge Connie for winning employee of the month!

Connie has been an employee with Belmont Village for 16 1/2 years. Connie has taken on more challenges in our ever-changing environment and approached these changes with confidence and a can-do attitude. She has perfect attendance and is a friend to residents and families alike.

In her spare time, Connie likes to be active and will visit with friends and have them visit her with cookouts in her backyard, and in these challenging times, she practices social distancing while having fun with her friends. Connie likes working at Belmont because she values working with families and residents and having close relationships with them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PLEASE RECOGNIZE THAT WE CONTINUE ON A MODIFIED ACTIVITY SCHEDULE TO ALLOW TIME FOR SANITIZING ROOMS.	1 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)	2 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	3 10:00 TH Exercise Class♥ 10:30 B News Chat 2:00 TH Brain Blast♻️ 3:15 TH Arts and Crafts	4 9:30 Bank runs 10:00 TH Sit and Be Fit Exercise♥ 2:00 TH Decorate a Derby Hat 3:15 TH Chair Yoga with Leanna♥ 4:00 TH Marketplace Opens	5 Derby Day! 11:00 JK Derby Day Luncheon 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro 1:30 TH Planet Earth Documentary 3:00 Bingo with Mike
6 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 TH Sunday Movie Matinee	7 Happy Labor Day 10:00 TH Flex Band Classes♥ 11:00 JK Labor Day Cookout 3:00 TH Spelling Bee♻️ 4:00 TH Marketplace Opens	8 10:00 TH Wake Up and Work Out♥ 1:00 TH Smartphone and Tablet Help 2:00 TH Lecture by Laura (Therapies Manager)♻️ 3:15 TH Bingo (limit 10)	9 10:00 GR Dancercise w/Leanna♥ 10:30 TH Ambassador's Club Meeting- New members welcome 2:00 GR Book Club♻️ 3:00 GR Happy Hour	10 10:00 GR Exercise Class♥ 10:30 B News Chat 2:00 GR Brain Blast♻️ 3:15 Nature Walk♥	11 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	12 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro 1:30 TH Planet Earth Documentary 3:00 Bingo with Mike
13 Happy Grandparents Day! 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 GR Grandparents Day Cookie Party 3:00 TH Sunday Movie Matinee	14 10:00 TH Flex Band Classes♥ 2:00 TH Classic Movie Club (NEW!)♻️ 4:00 TH Marketplace Opens	15 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)	16 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	17 10:00 TH Exercise Class♥ 10:30 B News Chat 2:00 TH Brain Blast♻️ 3:15 TH Arts and Crafts	18 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●	19 Talk Like A Pirate Day 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro 1:30 TH Planet Earth Documentary 3:00 Bingo with Mike
20 10:30 TH Catholic Mass Live on TV 1:30 Scenic Drive with Mike 3:00 TH Sunday Movie Matinee	21 10:00 TH Flex Band Classes♥ 2:00 TH Brain Blast♻️ 3:00 TH Bon Appetit! NEW! 4:00 TH Marketplace Opens	22 Ice Cream Cone Day 10:00 TH Wake Up and Work Out♥ 1:00 TH Smartphone and Tablet Help 2:00 TH Belmont Jeopardy- win an ice cream cone just for participating! 3:15 TH Bingo (limit 10)	23 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	24 10:00 TH Exercise Class♥ 10:30 B News Chat 2:00 TH Brain Blast♻️ 3:15 TH Art Class with Beth	25 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	26 11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro 1:30 TH Planet Earth Documentary 3:00 Bingo with Mike
27 10:30 TH Catholic Mass Live on TV 1:30 Bus Ride Scavenger Hunt (Limit 7 - reservations requested) 3:00 TH Sunday Movie Matinee	28 10:00 TH Flex Band Classes♥ 2:00 TH Brain Blast♻️ 3:15 TH Odd News Stories 4:00 TH Marketplace Opens	29 10:00 TH Wake Up and Work Out♥ 1:00 TH Smartphone and Tablet Help 2:30 TH Chat with the Chef 3:00 TH Resident Council Meeting-- All residents welcome	30 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		ALL ACTIVITIES ARE SUBJECT TO CHANGE BASED ON CURRENT COVID-19 PREVENTION RECOMMENDATIONS	



Out & About

Scenic drives and outings are currently suspended, but watch for the announcement that we will resume our weekly outings!



RESIDENT COUNCIL

Resident Council will resume once we can gather in larger groups. Please write questions for management or comments that would normally be shared in council and give to Leanna. She will pass the information along to the proper party.

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!



September is World Alzheimer's month—a time to bring awareness to the 35.6 million people globally afflicted with Alzheimer's. Currently there is no way to prevent, cure or slow the progression of Alzheimer's. Belmont has long partnered with the Alzheimer's Association to raise funds for research and promote awareness. Want to get involved? Email Leanna at lmckenzie@belmontvillage.com!

A PURR-FECT PLACE

September is Happy Cat Month, and any feline fan knows that if there's one object that makes a cat happy, it's a cardboard box. Many cat owners can attest to this, and images of kitties in boxes of all sizes—demonstrating the “If I fits, I sits” principle—can be found on the internet. Researchers say this quirk is likely related to a cat's natural instinct to retreat to an enclosed area to hide from danger and to stalk prey. The closed sides of a box also provide comfort and warmth, keeping cats relaxed and content.



WELCOME ERIKA, NEW COMMUNITY RELATIONS

Born and raised in Columbus, Ohio, Erika went to The Ohio State University and graduated with a degree in Journalism. She is a die-hard Buckeyes fan! The first half of her career was in the marketing communications field for a variety of industries including OSU Medical Center, Fiesta Hair & Tanning Salons, a construction company and architectural firm. Erika has 4 children: sons Dan & Chris and daughters Meredith & Ally. She has been blessed with 3 grandchildren all under the age of 5. Erika has worked in the Senior industry for the past 10 yrs in Ohio, Kentucky & Florida. Prior to joining Belmont, she worked for Genesis in a regional sales role.

Erika is an avid gardener, raising both ornamental and vegetable gardens. She and her husband Dave have 3 dogs, 2 rescued Chihuahua sisters and a large mixed breed. Erika is excited to join the Belmont Village St. Matthews team and is looking forward to meeting all of you.



FALL INTO SEPTEMBER

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



APPLES OF OUR EYE

September signals the peak season for an autumn staple, apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand.

CONNECTING WITH GRANDKIDS

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them & create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls or sending "just because" cards. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Creating these keepsakes can be a fun hobby & help you feel closer to your family even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love & support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.





Dancercise Class!



Therapy team preparing to get us all moving



Dancercise Class



Our hard-working nurses!



Dancercise Class!



In-room activities!

BELMONT *Village*

SENIOR LIVING

ST. MATTHEWS

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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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