

# THE VILLAGE NEWS



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

OCTOBER 2020



Playing games with staff and residents at the Fair!

September held National Assisted Living Week, which we celebrated in style at St. Matthews! After such a tough August, we celebrated each other all week with themed dress-up days and parties! From an ice cream sundae bar, to a blow-out fair, we did it all. Thanks to our staff, residents, and families for making Belmont Village St. Matthews such a wonderful community! We look forward to more celebrations together in October!

Ted Burfict,  
Executive Director



## NEWSPAPER DISTRIBUTION

We are trying to compile a newspaper distribution list as certain newspaper delivery methods have changed.

If you or your loved one at Belmont is subscribed to newspaper delivery, please contact Activity Program Coordinator Leanna McKenzie [lmckenzie@belmontvillage.com](mailto:lmckenzie@belmontvillage.com) or 502-721-7500 ext. 104.

Please communicate what paper and which days the subscription includes.



## FLU SHOTS

It's that time of year again! Flu vaccines will be given on October 8th for the residents. Our Director of Resident Care Services, Barb, will be reaching out to families for consent.

If you have any questions about flu shots or have not given consent yet, please call Barb at 502-721-7500, ext. 107.

## OUR TEAM

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## OCTOBER RESIDENT BIRTHDAYS

10/1	Lorraine H., 3rd floor
10/7	Mona B., 2nd floor
10/12	Marietta B., 2nd floor
10/12	Douglas S., 1st floor
10/22	Barbara C., 3rd floor
10/23	Mary M., 3rd floor
10/31	John H., 2nd floor
10/31	Esther M., 1st floor
10/31	Della R., 3rd floor

## OCTOBER STAFF BIRTHDAYS

10/1	Katherine T., PAL
10/2	Yasser M., Server
10/2	Evelyn O., Dining Room Coordinator
10/5	Ashley A.C., PAL
10/5	Magdaline N., PAL
10/8	Sharon F., Server
10/10	Barbara R., Director of Resident Care Services
10/13	Sylvia K., PAL
10/16	Lindsay R., Nurse
10/18	Karen W., Cook
10/18	Donna S., Lead PAL
10/20	Chantal N., PAL
10/23	Jenna N., Server
10/27	Aubrey E., Enrichment Leader
10/31	Candace C., Nurse

## FALL SPLENDOR

In many parts of the country, brilliant autumn leaves are on display during nature's annual art show. Weather patterns throughout the year play a big part in how vibrant the colors will be. A warm, rainy spring; mild summer; and a fall with sunny days and crisp, cool nights are the ideal conditions for creating a colorful palette.



## COSTUME CONTEST

Don't forget to begin planning your Halloween costume for our costume contest on October 30th!



## OCTOBER STAFF ANNIVERSARIES

19 yrs	Chantal N., PAL
14 yrs	Evelyn O., Dining Room Coordinator
4 yrs	Beth S., Driver
1 yr	Peyton L., Server
1 yr	Patricia S., PAL



## Memory Care

“I’m so glad I live in a world where there are Octobers.” — L.M. Montgomery, *Anne of Green Gables*

Welcome to fall! What a wonderful reawakening from our isolation.

Our Circle of Friends has enjoyed a wonderful September of family visits and video calls, Happy Hour Carts full of fun and cheer, and even a Fair! In October we are exploring all things Australia.

Our Neighborhood will explore all the color and joy that fall has to offer.

We want to extend a heartfelt thank you to all our families as you have supported us as we began our groups again and all the changes with visits and video calls. It truly takes a Village, and we are so happy to have you and your loved ones as part of ours.

The Memory Care Team



*Enjoying the concessions stand at the Fair.*

## FAIR DAY!

As a part of our National Assisted Living Week festivities, we had a fair, complete with games, deep-fried Oreos and candy bars, corn dogs, pretzels, and more! Staff and residents enjoyed the afternoon together to celebrate the start of fall!



*Cotton candy!*

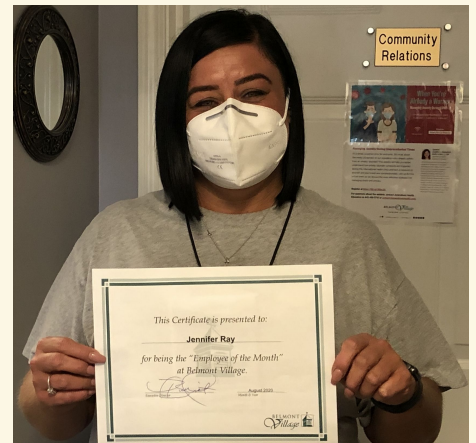


*Mighty Striker!*



*Big winner!*

## Associate of the Month



Congratulations to Jennifer Ray, Employee of the Month!

Jennifer Ray, our Wellness Nurse, has been with our Belmont Village St. Matthews family since April 2010. Jennifer is the proud grandmother of a baby girl named Lakeland, who just recently joined her family. Jennifer started with Belmont as an LPN and worked her way up by building relationships with residents and family members along with supporting the entire team in many aspects.

Jennifer takes the health and well-being of our residents and places it as a top priority each and every day. We are thankful for the ways that Jennifer stepped up during our recent weeks of quarantine. She covered extra shifts and kept everything running smoothly on the nursing side. Thanks, Jennifer! We are glad to have you on our team!

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

**October**



**All Events  
Are Subject  
to Change**



4	<p>10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Catholic Mass Live on TV  <b>1:30 Scenic Drive with Mike</b>                  3:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Sunday Movie Matinee                  7:00 <span style="background-color: #90EE90; padding: 2px;">GR</span> Bridge Club</p>	5	<p><b>National Do Something Nice Day</b></p> <p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Flex Band Classes ♥  <b>10:45 TH Life Stories Group-NEW!</b> 🌱                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Brain Blast 🌱  <b>3:00 TH "Do Something Nice" Service Project</b>                  4:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Marketplace Opens</p>	6	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Wake Up and Work Out ♥                  11:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Smartphone and Tablet Help                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Belmont Jeopardy 🌱                  3:15 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Bingo (limit 10)                  7:00 <span style="background-color: #FF6347; padding: 2px;">PA</span> Patio Social</p>	7	<p>10:00 <span style="background-color: #90EE90; padding: 2px;">GR</span> Dancercise w/Leanna ♥  <b>11:30 TH Out to Lunch Bunch - lunch brought in</b>                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Book Club 🌱  <b>3:00 GR Happy Hour</b>                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Midweek Movie</p>	8	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Exercise Class ♥                  10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Ambassador's Club Meeting- New members welcome                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Brain Blast 🌱  <b>3:15 TH Cooking Class- NEW!</b>                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Classic TV Re-Run</p>	9	<p>9:30 Bank runs                  10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Sit and Be Fit Exercise ♥  <b>2:00 TH TED Talks Lecture Series</b> 🌱                  3:15 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Chair Yoga with Leanna ♥                  4:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Marketplace Opens</p>	10	<p>11:30 <span style="background-color: #90EE90; padding: 2px;">GR</span> Help yourself to a card (birthday/get well, etc.) in side table next to Bistro                  1:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Planet Earth Documentary                  3:00 Bingo with Mike                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Movie Night</p>
11	<p>10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Catholic Mass Live on TV  <b>1:30 Scenic Drive with Mike</b>                  3:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Sunday Movie Matinee                  7:00 <span style="background-color: #90EE90; padding: 2px;">GR</span> Bridge Club</p>	12	<p><b>Columbus Day</b></p> <p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Flex Band Classes ♥                  10:45 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Columbus Day Brain Blast!  <b>2:00 TH Classic Movie Club-Watch and Discuss</b> 🌱                  4:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Marketplace Opens</p>	13	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Wake Up and Work Out ♥                  11:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Smartphone and Tablet Help  <b>2:00 TH Lecture by Laura (Therapies Manager)</b> 🌱  <b>3:15 TH Pumpkin Decorating!</b>                  7:00 <span style="background-color: #FF6347; padding: 2px;">PA</span> Patio Social</p>	14	<p>10:00 <span style="background-color: #90EE90; padding: 2px;">GR</span> Dancercise w/Leanna ♥  <b>11:30 TH Out to Lunch Bunch - lunch brought in</b>                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Book Club 🌱  <b>4:00 Oktoberfest Dinner!</b></p>	15	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Exercise Class ♥                  10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> News Chat                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Brain Blast 🌱  <b>3:15 TH Arts and Crafts</b>                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Classic TV Re-Run</p>	16	<p>9:30 Bank runs                  10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Sit and Be Fit Exercise ♥  <b>2:00 TH TED Talks Lecture Series</b> 🌱                  3:15 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Chair Yoga with Leanna ♥                  4:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Marketplace Opens                  4:00 <span style="background-color: #800080; padding: 2px;">L</span> Shabbat ●</p>	17	<p>11:30 <span style="background-color: #90EE90; padding: 2px;">GR</span> Help yourself to a card (birthday/get well, etc.) in side table next to Bistro                  1:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Planet Earth Documentary                  3:00 Bingo with Mike                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Movie Night</p>
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25	<p>10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Catholic Mass Live on TV  <b>1:30 Bus Ride Scavenger Hunt (Limit 7 - reservations requested)</b>  <b>1:30 Scenic Drive with Mike</b>                  3:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Sunday Movie Matinee                  7:00 <span style="background-color: #90EE90; padding: 2px;">GR</span> Bridge Club</p>	26	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Flex Band Classes ♥                  10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Odd News Stories                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Brain Blast 🌱  <b>3:00 TH Helping Hands Service Project</b>                  4:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Marketplace Opens</p>	27	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Wake Up and Work Out ♥                  10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Spelling Bee 🌱  <b>2:30 TH Chat with the Chef</b>  <b>3:00 TH Resident Council Meeting-- All residents welcome</b>                  7:00 <span style="background-color: #FF6347; padding: 2px;">PA</span> Patio Social</p>	28	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Dancercise w/Leanna ♥  <b>11:30 TH Out to Lunch Bunch - lunch brought in</b>                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Book Club 🌱  <b>3:00 GR Happy Hour</b>                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Midweek Movie</p>	29	<p>10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Exercise Class ♥                  10:30 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> News Chat                  2:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Brain Blast 🌱                  3:15 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Art Class with Beth                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Classic TV Re-Run</p>	30	<p>9:30 Bank runs                  10:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Sit and Be Fit Exercise ♥  <b>11:30 Birthday Luncheon</b>  <b>2:00 TH Halloween Costume Contest!</b> ★  <b>3:00 TH Halloween Games and Snacks</b> ★  <b>4:30 Spooky Supper</b></p>	31	<p><b>Happy Halloween!</b>                  11:30 <span style="background-color: #90EE90; padding: 2px;">GR</span> Help yourself to a card (birthday/get well, etc.) in side table next to Bistro  <b>1:30 TH Halloween Movie Matinee!</b>                  3:00 Bingo with Mike                  7:00 <span style="background-color: #ADD8E6; padding: 2px;">TH</span> Movie Night</p>



## 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 be held on October 27 at 3 pm, directly following a Chat with the Chef session at 2:30 pm.

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!



## HAND-WASHING REMINDER

During cold and flu season, please remember that washing your hands frequently is important to help prevent the spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let's all do our part to stay healthy this season!



## WALK TO END ALZHEIMER'S!

Every year, Belmont Village participates in the Walk to End Alzheimer's. Across the country, different Belmont Villages walk in the local fundraising event to bring awareness to the need for a cure for this disease that touches so many. This year, due to COVID-19, we are holding our own community walk around the park by our building for residents and staff. To support our team, you can donate to our Alzheimer's Walk page entitled "Belmont Village People."

## What's Cooking

### ANOTHER FALL FRUIT

While pumpkins are plentiful this time of year, there's another orange fall fruit, the persimmon. Native to Asia, persimmons were introduced to the U.S. in the late 19th century. The two most common varieties are the fuyu, which looks like a squat tomato, and the hachiya, which is acorn-shaped. Both can be eaten fresh or cooked into sweet and savory recipes.



## OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH!

October is National Physical Therapy month, and at Belmont Village Saint Matthews we are happy to have our therapy team to support our residents!

HealthPRO® Heritage is a national provider of therapy services within Senior Living, providing physical, occupational and speech therapy services to support multiple levels of care and residents aging in place. Although HealthPRO® Heritage is a Medicare Part B provider, we partner with home health providers within the community to provide therapy services under Medicare Part A benefits to promote continuity of care. We also provide wellness programming - HealthyFIT, to support the retention of skills acquired during therapy, as well as to encourage healthy aging.

For those who haven't had a previous encounter with rehab services, we have included a brief description below:

**Physical therapy** focuses on the restoration and improvement of mobility, balance, range of motion, and physical strength to promote safety & independence.

**Occupational therapy** is concerned with quality of life, and can help people adapt to life changes and improve their functional abilities. Occupational

therapists can provide training and guidance on self-care skills such as bathing, dressing, feeding, and grooming.

**Speech therapy** helps with all aspects of communication, including listening, reading, writing, and language interpretation. Speech therapists can also assist with chewing and swallowing problems.

**HealthyFIT Wellness Program** is a one-on-one, private pay program focused on providing exercise activities to assist in maintaining function after skilled therapy services have ended or for those who need individual direction.

The clinicians from HealthPRO® Heritage collaborate with clinical staff at Belmont Village St. Matthews to assist residents in returning to their fullest capacity following an illness, injury or surgery.

Also, be on the lookout for our monthly educational program, The Discovery Series! This program helps residents stay healthier, more active, and confident in their ability to enjoy & engage in life.

To learn more about the rehab services here on campus, contact Laura Davis, Rehab Program Manager for HealthPRO® Heritage, at 502.200.9264.



## Mobile Happy Hour Carts!

Wednesday Happy Hour had to become mobile with our quarantine restrictions, so the activities team developed some fun and creative Happy Hour Theme Carts! Luau, ice cream truck, and farmers' market carts were designed and built. Residents got to enjoy delicious treats delivered right to their doors!



# THE BELMONT SCENE



Enjoying treats from the ice cream truck!



So excited to see the ice cream truck!



In-room activity visits.



Excited for ice cream!



Snow cone delivery!



Snow cones for Hawaiian Day!

## 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



[belmontvillage.com](http://belmontvillage.com)



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