

THE VILLAGE NEWS



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

NOVEMBER 2020



Admin Team Fall Photo

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”

- Randy Pausch

As we enter the month of November and the bustle of the holiday season begins, I want to take time to reflect on things I am thankful for. Admittedly 2020 has had many obstacles, but 2020 has also taught us about how to live in community, to have compassion, and to help our fellow man. I am thankful for our residents, who kept us laughing and inspired us with their resilience and fortitude. I am thankful for our staff, who selflessly overcame fear to continue working when many others stayed home. They demonstrated a love and care that makes me proud to be a part of this team. I am thankful for our families, who supported Belmont Village, adapted to changing policies, and encouraged us every step of the

way. Although our Thanksgiving celebration will not include visitors this year-- and those visitors will be sorely missed--our celebration will include extra gratitude for each other. I am so grateful to be a part of the Belmont Village family.

-Ted Burfict, Executive Director



WALK TO END ALZHEIMER'S

We participated in our own Walk to End Alzheimer's on October 9. Team members walked in honor of our residents and the quest to find a cure for Alzheimer's Disease. Together we raised \$628 for the Alzheimer's Association! You can still donate to our walk page by going to Belmont Village People under "Teams" on act.alz.org.



OUR TEAM

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NOVEMBER RESIDENT BIRTHDAYS

- 11/4 Anne M., 2nd floor
- 11/6 Kathleen D., 2nd floor
- 11/21 Raymond M., 1st floor
- 11/23 Bob R., 3rd floor
- 11/27 Dorothy M., 1st floor
- 11/29 William W., 1st floor

NOVEMBER STAFF BIRTHDAYS

- 11/1 Susan M., Nurse
- 11/2 Kelly L., Human Resources Generalist
- 11/4 Christian H., APL
- 11/5 Sharon A., Housekeeper
- 11/10 Peyton L., Server
- 11/19 Jaime W., Nurse
- 11/19 Theodore B., Executive Director
- 11/20 Alexis W., Server
- 11/21 Patience V., Nurse
- 11/23 Jeremiah B., PAL
- 11/25 Denasia M., PAL



HOME FOR THE HOLIDAYS

The holiday season is upon us, featuring lots of festive celebrations! If you are planning on taking your loved one home for the holidays, please call or stop by the front desk to let us know the dates and times they will be out of the building. Our residents' safety is our top concern, and it is important that we know about your plans in advance. Thank you!



NOVEMBER STAFF ANNIVERSARIES

- 21 yrs Donna S., Lead PAL
- 3 yrs Noura B., Nurse
- 3 yrs Melissa I., Nurse
- 2 yrs Alex C., Server
- 2 yrs Susan M., Nurse
- 2 yrs Kyle T., Server
- 1 yr Arletis M., Human Resources Assistant
- 1 yr Shapell P., Enrichment Leader



BACK TO SCHOOL!

We went Back to School for a day here at St. Matthews! Our Assisted Living and Circle Residents rotated through three different classes during the day. Classes included Art, Gym, and Reading, Writing, & 'Rithmetic. Chef Steve crafted a marvelous cafeteria style lunch served up on old-fashioned trays with cartons of milk. At the end of the day, we had a "graduation assembly". We had our first live performer in several months put on a socially distant outdoor show, with our wine, cheese, and some delicious apple crumble made by our EL Shannon! A wonderful end to a wonderful day! A special thanks to all the activity staff who worked together to make the day special.



Gym Class



Our Lunch Tray!



Reading, Writing, & 'Rithmetic



Art Class!



Enjoying our outdoor music





EMPLOYEE OF THE MONTH!

Ariana McCoy was born and raised in the St. Matthews area. Ariana graduated from Male High school in 2014, then completed her Associates Arts degree at JCTC in 2019. Ariana is currently studying Psychology and Social Work at Campbellsville University.

Many of you have had the pleasure of hearing Ariana's lovely singing voice but did you know she wrote and recorded her own album at the age of 18?

Ariana joined the Belmont Village in September of 2019, she has been a valuable member of the Enrichment Leader and the Neighborhood. Ariana is a calming and endearing influence with our residents and co-workers. She has stepped up in a big way during this challenging season, working hard to keep our Neighborhood residents engaged and connected during the time of isolation. We are super proud of this amazing young woman.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Saving Time Ends- Set Your Clocks Back 1 Hour</p> <p>10:30 TH Catholic Mass Live on TV</p> <p>1:30 Scenic Drive with Mike</p> <p>3:00 TH Sunday Movie Matinee</p> <p>7:00 GR Bridge Club</p>	<p>10:00 TH Flex Band Classes ♥</p> <p>10:30 TH Life Stories Group-NEW! 🌿</p> <p>2:00 TH Brain Blast 🌿</p> <p>3:00 TH Caregiver Connection-NEW!</p> <p>4:00 TH Marketplace Opens</p>	<p>10:00 TH Wake Up and Work Out ♥</p> <p>11:00 TH Smartphone and Tablet Help</p> <p>2:00 TH Belmont Jeopardy 🌿</p> <p>3:15 TH Bingo (limit 10)</p> <p>7:00 PA Patio Social</p>	<p>10:00 GR Dancercise w/Leanna ♥</p> <p>10:30 GR Trivia Blast 🌿</p> <p>2:00 GR Book Club 🌿</p> <p>3:00 GR Happy Hour</p> <p>7:00 TH Midweek Movie</p>	<p>10:00 GR Exercise Class ♥</p> <p>10:30 B Flower Arranging</p> <p>2:00 GR Brain Blast 🌿</p> <p>3:15 B Bingo!</p> <p>7:00 TH Classic TV Re-Run</p>	<p>9:30 Bank runs</p> <p>10:00 TH Sit and Be Fit Exercise ♥</p> <p>2:00 TH Fall Wine and Canvas Class</p> <p>3:15 TH Chair Yoga with Leanna ♥</p> <p>4:00 TH Marketplace Opens</p>	<p>11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro</p> <p>1:30 TH Planet Earth Documentary</p> <p>3:00 Bingo with Mike</p> <p>7:00 TH Movie Night</p>
<p>10:30 TH Catholic Mass Live on TV</p> <p>1:30 Scenic Drive with Mike</p> <p>3:00 TH Sunday Movie Matinee</p> <p>7:00 GR Bridge Club</p>	<p>10:00 TH Flex Band Classes ♥</p> <p>10:30 TH Cider Social</p> <p>2:00 TH Healthy Living Lecture by Therapy team: Maximizing Memory 🌿</p> <p>3:00 TH Brain Blast 🌿</p> <p>4:00 TH Marketplace Opens</p>	<p>10:00 TH Wake Up and Work Out ♥</p> <p>11:00 TH Smartphone and Tablet Help</p> <p>2:00 PA Veterans Day Music on the Patio</p> <p>3:15 TH Bingo (limit 10)</p> <p>7:00 PA Patio Social</p>	<p>Veterans Day</p> <p>10:00 TH Dancercise w/Leanna ♥</p> <p>11:00 TH Veterans Day Luncheon catered by Mission BBQ ★</p> <p>2:00 TH Book Club 🌿</p> <p>3:00 GR Happy Hour</p> <p>7:00 TH Midweek Movie</p>	<p>10:00 TH Exercise Class ♥</p> <p>10:30 B Flower Arranging</p> <p>2:00 TH Brain Blast 🌿</p> <p>3:15 TH Ambassador's Club Training</p> <p>7:00 TH Classic TV Re-Run</p>	<p>9:30 Bank runs</p> <p>10:00 TH Sit and Be Fit Exercise ♥</p> <p>2:00 TH TED Talks Lecture Series 🌿</p> <p>3:15 TH Chair Yoga with Leanna ♥</p> <p>4:00 TH Marketplace Opens</p>	<p>11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro</p> <p>1:30 TH Planet Earth Documentary</p> <p>3:00 Bingo with Mike</p> <p>7:00 TH Movie Night</p>
<p>10:30 TH Catholic Mass Live on TV</p> <p>1:30 Scenic Drive with Mike</p> <p>3:00 TH Sunday Movie Matinee</p> <p>7:00 GR Bridge Club</p>	<p>10:00 TH Flex Band Classes ♥</p> <p>10:30 TH News Chat</p> <p>2:00 TH Brain Blast 🌿</p> <p>3:00 TH Arts and Crafts</p> <p>4:00 TH Marketplace Opens</p>	<p>10:00 TH Wake Up and Work Out ♥</p> <p>11:00 TH Smartphone and Tablet Help</p> <p>2:00 TH Belmont Jeopardy</p> <p>3:00 TH Bon Appetit! The history of the Jelly Belly</p> <p>7:00 PA Patio Social</p>	<p>10:00 TH Dancercise w/Leanna ♥</p> <p>11:30 TH Out to Lunch Bunch - lunch brought in</p> <p>2:00 TH Book Club 🌿</p> <p>3:00 GR Happy Hour</p> <p>7:00 TH Midweek Movie</p>	<p>10:00 TH Exercise Class ♥</p> <p>10:30 B Flower Arranging</p> <p>2:00 TH Brain Blast 🌿</p> <p>3:15 TH Bingo!</p> <p>7:00 TH Classic TV Re-Run</p>	<p>9:30 Bank runs</p> <p>10:00 TH Sit and Be Fit Exercise ♥</p> <p>2:00 TH TED Talks Lecture Series 🌿</p> <p>3:15 TH Chair Yoga with Leanna ♥</p> <p>4:00 TH Marketplace Opens</p> <p>4:00 L Shabbat ●</p>	<p>11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro</p> <p>1:30 TH Planet Earth Documentary</p> <p>3:00 Bingo with Mike</p> <p>7:00 TH Movie Night</p>
<p>10:30 TH Catholic Mass Live on TV</p> <p>1:30 Scenic Drive with Mike</p> <p>3:00 TH Sunday Movie Matinee</p> <p>7:00 GR Bridge Club</p>	<p>10:00 TH Flex Band Classes ♥</p> <p>10:45 TH Life Stories Group-NEW! 🌿</p> <p>2:00 TH New Resident Welcome Reception ★</p> <p>3:15 TH Bingo!</p> <p>4:00 TH Marketplace Opens</p>	<p>10:00 TH Wake Up and Work Out ♥</p> <p>10:30 TH Spelling Bee 🌿</p> <p>11:00 TH Smartphone and Tablet Help</p> <p>2:00 TH Chat with the Chef</p> <p>2:30 TH Resident Council Meeting</p> <p>7:00 PA Patio Social</p>	<p>10:00 TH Exercise Class ♥</p> <p>11:30 TH Out to Lunch Bunch - lunch brought in</p> <p>2:00 TH Book Club 🌿</p> <p>3:00 GR Happy Hour</p> <p>7:00 TH Midweek Movie</p>	<p>Thanksgiving</p> 	<p>10:00 Christmas Tree Decorating! Deck the Halls!</p> <p>11:30 Birthday Luncheon</p> <p>2:00 TH Christmas Movie</p> <p>4:00 TH Marketplace Opens</p>	<p>11:30 GR Help yourself to a card (birthday/get well, etc.) in side table next to Bistro</p> <p>1:30 TH Planet Earth Documentary</p> <p>3:00 Bingo with Mike- with Auction!</p> <p>7:00 TH Movie Night</p>
<p>10:30 TH Catholic Mass Live on TV</p> <p>1:30 Bus Ride Scavenger Hunt (Limit 7 - reservations requested)</p> <p>3:00 TH Sunday Movie Matinee</p> <p>7:00 GR Bridge Club</p>	<p>10:00 TH Flex Band Classes ♥</p> <p>10:30 TH Odd News Stories</p> <p>2:00 TH Brain Blast 🌿</p> <p>3:00 TH Helping Hands Service Project</p> <p>4:00 TH Marketplace Opens</p>		<p>All Events Are Subject to Change</p>		<p>-----Save the Date-----</p> <p>Resident Holiday Party will be December 9</p>	



Out & About

Scenic drives occur weekly for all levels of care! Check out the calendar or ask the driver when the next drive will be so you can join us! Enjoy the fall colors and the beauty of our town!



RESIDENT COUNCIL

Resident Council will be held on November 24 at 2:30 pm, directly following a Chat with the Chef session at 2:00 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!



HEALTH & WELLNESS

Why Is Physical Activity Important? Exercise and physical activity are good for just about everyone, including older adults. No matter your health & physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, when older people lose the ability to do things on their own, inactivity is more to blame than age. Try out our exercise classes every weekday at 10 am to add some exercise to your routine!

Emotional Benefits of Exercise: Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. So, next time you’re feeling down or stressed, try to get up and start moving!

Just for Fun

DRESS LIKE A TWIN!

For spirit week, some of our staff and residents dressed like twins. How fun!



PUMPKIN DECORATING!

We had a great time decorating some pumpkins!



Circle of Friends & Neighborhood

As we move into the season of Thanksgiving we are all looking forward to celebrating our many blessings of community and family. We will be exploring **Native Americans and Colonists** in our Circle of Friends. Our Neighborhood will be celebrating the beauty and joy of the season. Our holidays may look different but they will still be filled with all the love and care that our Village does so well.

If you have any questions or concerns about our Circle of Friends or our Neighborhood please contact me at **502-721-7500 ext. 134** or mweidman@belmontvillage.com

As always it is our pleasure,
Melissa Weidman, MPC and the Life Enrichment Team

November is the month to remind us to be thankful for the many positive things happening in our life.



THE CRANBERRY CROP

Turkey, dressing and potatoes are the stars of a traditional Thanksgiving, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America, and Native Americans used them for food, medicine and as a garment dye. Pilgrims called the fruit a “craneberry” because the plant’s blossoms resemble the head & bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low vines in sandy bogs or marshes. During harvest season from Sept to Nov, the bogs are flooded & machines knock berries off the vines. Because cranberries have air pockets, they float, making them easier to collect.

About 90 percent of the U.S. cranberry crop is harvested wet. These berries become juices, sauces and dried cranberries. The rest of the crop is harvested dry using mechanical pickers & sold fresh.

In the US, Wisconsin, Massachusetts, New Jersey, Oregon and Washington produce most of the crop.



Enjoying outdoor music



Residents walking for Alzheimer's



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

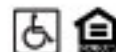
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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