

THE VILLAGE NEWS



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

DECEMBER 2020



Certainly 2020 has had its twists and turns, but here we are with another holiday season upon us. Despite many changes in the world around us, and in our holiday traditions, the spirit of the holiday season remains constant. Here at Belmont Village St. Matthews, we will celebrate the season with decorated trees, a resident party, a staff party, and more. And while we will miss having our visitors, the spirit of love, thankfulness, and happiness is present. We are so blessed to be a community-- really more of a family. Together we have walked through a tumultuous year, and emerged as a stronger, closer-knit community.

From my family to yours, wishing you a joyous and wonderful holiday season.

Ted Burfict,
Executive Director

BIG NEWS! A NEW NEWSLETTER IS COMING!

This Newsletter, December 2020, will be the last BV Newsletter of its kind. We are going digital! Both residents and families will enjoy a new, modern newsletter and calendar through an app called "Spectrio Share", available on your smart phone for free. Don't worry if you don't have one--residents will still have access to calendars and schedules in the building!

This new platform will allow family members to see activities, communicate with their loved ones at BV, see live schedule updates, and more. We are excited to take this next step together and be able to better connect our residents and families.



OUR TEAM

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DECEMBER RESIDENT BIRTHDAYS

- 12/3 Jean M., 3rd floor
- 12/10 Billy T., 3rd floor
- 12/13 Dorothy C., 2nd floor
- 12/13 Jacqueline H., 2nd floor
- 12/21 Joseph B., 2nd floor



DECEMBER STAFF BIRTHDAYS

- 12/9 Essence L., PAL
- 12/17 Tessa H., PAL
- 12/18 Winne J., PAL
- 12/18 Theresa J., PAL
- 12/25 Dekontee K., PAL
- 12/29 Rhoda Alang G., PAL



SAVE THE DATE!

Is there a move in your future? Whether for yourself or a loved one, the idea of downsizing and moving from a larger home to a smaller one can be overwhelming. Please join us for a virtual ZOOM program on Tuesday, January 12th, at 4:30 for an interactive discussion on how to make downsizing easy! Speakers for this program will be Kent Lee, Senior Real Estate Specialist, and Kay Barringer, Move Transitioning Specialist. Each will share valuable information gleaned from years of experience working with Seniors and/or their families to create a seamless, stress-less transition experience.

To sign up, e-mail Erika Kerins in Community Relations at ekerins@belmontvillage.com. Once registered, you will receive a link to access the program on January 12th.



DECEMBER STAFF ANNIVERSARIES

- 1 yr Christian H., PAL
- 12 yrs James K., Server



Circle of Friends & Neighborhood

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.” —Henri Frederic Amiel

In a year full of changes and challenges our Circle of Friends and Neighborhood staff and residents have so many things to be thankful for. In December we will explore and challenge ourselves to count all of our blessings and discuss ways showing our gratitude.

Circle of Friends and Neighborhood residents will delve into the origins & meanings of holiday traditions from Hanukkah to Kwanzaa to Christmas. We will take a sensory journey into holiday traditions from around the world.

We will continue to enjoy scenic bus rides and bistro visits with family & friends. And we will all look forward to the coming year with great hope.

Happy Holidays

Melissa B. Weidman, MPC and the Memory Program Team



HOLIDAY DOOR DECORATING CONTEST

We will be holding a door decorating contest this year! Resident apartment doors can be adorned with any festive themes! Staff will draw resident names and help that resident decorate their door. The winning team will receive a free catered lunch!

If you need help with ideas, materials, or hanging things, reach out to Leanna, Beth, or an Enrichment Leader! Awards will be given for 1st, 2nd, and 3rd prize at Happy Hour on December 16th.








HOLIDAY LIGHTS

We're planning an outing this month to view some festive displays of holiday lights. Watch for a flyer with dates. If you are interested in going, please sign up at the front desk.

Associate of the Month



Congratulations to this month's Employee of the Month, server Michelle! Michelle was nominated for Employee of the Month by many St. Matthews residents. Michelle arrives to work with a smile on her face and a can-do approach to her day; she strives to meet all the needs of the residents when she is serving them and shows compassion and understand each and every day. Michelle also supports her team by taking additional shifts and helping her coworkers whenever she can. Michelle moved to Louisville, Kentucky, from Mesa, Arizona, where she worked at an Assisted Living Community as a Server for over 3 years. Michelle says she enjoys working with Belmont Village because she loves working with people and loves giving back which makes each day a pleasure.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10:00 TH Wake Up and Work Out ♥ 11:00 TH Smartphone and Tablet Help 2:00 TH Belmont Jeopardy 🌿 3:00 TH Bingo (limit 10) 7:00 TH Holiday Movie	10:00 GR Dancercise w/Leanna ♥ 11:30 TH Out to Lunch Bunch - lunch brought in 2:00 TH Book Club 🌿 2:30 GR Happy Hour 7:00 TH Wheel of Fortune	10:00 GR Exercise Class ♥ 10:30 B Flower Arranging 2:00 TH Brain Blast 🌿 3:00 TH Bingo! 7:00 TH Classic TV Re-Run	9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 2:00 TH Holiday Wine and Canvas Class 🌿 3:00 TH Chair Yoga with Leanna ♥ 4:00 TH Marketplace Opens	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 7:00 TH Movie Night
6	7	8	9	10	11	12
10:30 TH Catholic Mass Live on TV 1:30 GR Bridge Club 2:30 Scenic Drive with Mike 7:00 TH Sunday Movie Night	10:00 TH Flex Band Classes ♥ 10:30 TH Life Stories Group 🌿 2:00 TH Brain Blast 🌿 3:00 TH Caregiver Connection 4:00 TH Marketplace Opens	10:00 TH Wake Up and Work Out ♥ 11:00 TH Smartphone and Tablet Help 2:00 TH Lecture by Laura (Therapies Manager) 🌿 3:00 TH Bingo (limit 10) 7:00 TH Holiday Movie	10:00 GR Dancercise w/Leanna ♥ 10:30 TH Trivia Blast 2:00 TH Book Club 🌿 3:45 Resident Holiday Party! 7:00 TH Wheel of Fortune	10:00 GR Exercise Class ♥ 10:30 B Flower Arranging 2:00 TH Brain Blast 🌿 3:15 TH Arts and Crafts 7:00 TH Classic TV Re-Run	Employee Holiday Party in TH From 2-4 pm 9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 2:00 GR Bunco 7:00 TH Christmas Movie Night	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 7:00 TH Movie Night
13	14	15	16	17	18	19
10:30 TH Catholic Mass Live on TV 1:30 GR Bridge Club 1:30 Scenic Drive with Mike 7:00 TH Sunday Movie Night	10:00 TH Flex Band Classes ♥ 10:30 TH Odd News Stories 2:00 TH Brain Blast 🌿 3:00 TH Classic Christmas Cartoon and Hot Cocoa 4:00 TH Marketplace Opens	10:00 TH Wake Up and Work Out ♥ 11:00 TH Smartphone and Tablet Help 2:00 TH Belmont Jeopardy 3:00 TH Bingo (limit 10) 7:00 TH Holiday Movie	10:00 TH Dancercise w/Leanna ♥ 11:30 TH Out to Lunch Bunch - lunch brought in 2:00 TH Book Club 🌿 2:30 GR Happy Hour- Door decorating contest winners announced! 7:00 TH Wheel of Fortune	10:00 GR Exercise Class ♥ 10:30 B Flower Arranging 2:00 GR Brain Blast 🌿 3:00 B Arts and Crafts 7:00 TH Classic TV Re-Run	9:30 Bank runs 10:00 TH Sit and Be Fit Exercise ♥ 2:00 TH TED Talks Lecture Series 🌿 3:00 TH Chair Yoga with Leanna ♥ 4:00 TH Marketplace Opens 4:00 L Shabbat ●	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- with Auction! 7:00 TH Movie Night
20	21	22	23	24	25	26
10:30 TH Catholic Mass Live on TV 1:30 GR Bridge Club 1:30 Scenic Drive with Mike 7:00 TH Sunday Movie Night	10:00 TH Flex Band Classes ♥ 10:30 TH Life Stories Group 2:00 TH Bon Appetit! Christmas Treats from Around the World: Pannetone, Stollen, and Gingerbread 🌿 3:00 TH Bingo! 4:00 TH Marketplace Opens	10:00 TH Wake Up and Work Out ♥ 11:00 TH Smartphone and Tablet Help 2:00 TH Chat with the Chef 2:30 TH Resident Council Meeting 7:00 TH Holiday Movie	10:00 TH Exercise Class ♥ 11:30 TH Out to Lunch Bunch - lunch brought in 2:00 TH Book Club 🌿 2:30 GR Happy Hour 7:00 TH Wheel of Fortune	10:00 GR Exercise Class ♥ 10:30 B Flower Arranging 2:00 TH Brain Blast 🌿 3:00 TH Classic Christmas Cartoon		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 7:00 TH Movie Night
27	28	29	30	31		
10:30 TH Catholic Mass Live on TV 1:30 GR Bridge Club 1:30 Bus Ride Scavenger Hunt (Limit 7 - reservations requested) 7:00 TH Sunday Movie Night	10:00 TH Flex Band Classes ♥ 1:30 TH Classic Movie Matinee 3:00 TH Bingo! 4:00 TH Marketplace Opens	10:00 TH Wake Up and Work Out ♥ 11:00 TH Smartphone and Tablet Help 2:00 TH Arts and Crafts 3:00 TH Bingo (limit 10) 7:00 TH Holiday Movie	10:00 TH Exercise Class ♥ 10:30 TH Trivia Blast 2:00 TH Book Club 🌿 2:30 GR Happy Hour 7:00 TH Wheel of Fortune	10:30 GR Bunco 12:00 JK Noon Year's Luncheon 2:00 TH Bingo Games 7:00 TH New Year's Eve Fireworks live on TV		



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 holiday decor and the beauty of our town!



RESIDENT COUNCIL

Resident Council will be held on December 22 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!



Lorraine



HALLOWEEN COSTUMES!



Doris



Kathleen



Martha



Jean



Health & Wellness

More than 40 million Americans are affected by some form of arthritis, and many experience chronic pain that limits daily activity and overall quality of life. While it is true that arthritis can be very painful, there are many things you can do to feel better and live an active, pain-free life.

First, talk to your physician. Pain is the body's way of telling you that something is wrong and only a doctor can diagnose whether it is arthritis or a related condition. There are more than 100 rheumatic diseases, but the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Once a physician determines the type of arthritis, he or she will discuss treatment options with you. A prescription may be given for medication, a recommendation for physical and occupational therapy may be prescribed, and in some instances surgery may be recommended.

Exercise is essential for

people with arthritis. It can help increase energy level, control weight, increase bone and muscle strength, reduce depression and fatigue, and improve self-esteem. Therapists are highly trained professionals who are skilled at customizing exercise programs to meet individual needs and abilities. Exercise may address range of motion, endurance, strength, or even methods to conserve your energy.

This month's Discovery Series event, "Arthritis Management", will include an interactive discussion on arthritis. Symptoms and care for arthritis will be discussed, along with tips for managing pain and discomfort. There will also be a demonstration of effective stretches and exercises designed specifically for those with arthritis that may be completed at home.

For more information, contact Laura Davis, Rehab Program Manager for HealthPRO® Heritage at 502-200-9264.



Our Awesome Therapy Team!

FROSTY FIGURES

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.

After a substantial snowfall, you'll often spot a snowman, decorated with accessories ranging from the traditional to whimsical—carrot nose optional!





Dancing in the sun in the warm November.



Painting class



Veterans Day Luncheon



Veterans Day Luncheon

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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