

THE VILLAGE NEWS



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

AUGUST 2020

FROM THE LEADERSHIP TEAM TO YOU... THANK YOU.

The team at Belmont Village wishes to thank you all--families and residents--for your willingness to adapt, understanding, and resilience during these past few months of COVID-19. We know and understand that this has been extremely difficult for everyone involved, especially for our residents unable to see their loved ones.

Everyone has been so beyond wonderful in understanding and following new restrictions, rules, and regulations--and we all know those can change frequently according to government ordinances. Our residents have also been great in regards of respecting group numbers, social distancing, dining, and adapting to new ways of having activities. For that and so much more, we all wish to thank you.

We hope to see you all soon. And in the meantime, we would be happy to help you accommodate other ways of communication, such as phone calls, e-mails, and video chats. Times will get better.

COOL SUMMER MEMORIES

Temperatures often skyrocket during the summer, sometimes making the heat unbearable. Nowadays, we have air conditioning and fans to help cool us off. How did you keep cool during past summer months?

- What water activity did you turn to in order to beat the heat? Did you play in the mist from sprinklers, have a water balloon fight with your friends or dive right into the pool?
- During hot afternoons, what cold treat did you most look forward to eating? Did it involve a visit to the ice cream man or did you eat homemade frozen treats?
- At night, it can be too hot to sleep under blankets. Did you ever sleep with all the windows open? If yes, what sounds do you remember hearing?



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RESIDENT BIRTHDAYS

- 8/4 Ramona D.
- 8/16 Ed C.
- 8/21 Sandy M.
- 8/25 Michael J.

July AND August Birthday Luncheon

Friday, August 7, 2020
11:00 a.m. in Josephine's Kitchen

We invite residents with a July and August birthday to join us for a special lunch, with LIVE virtual entertainment (via Zoom) from the one and only Bill Sleeter!

Residents will receive an invitation with RSVP instructions. We will see you there!

EMPLOYEE BIRTHDAYS

- 8/1 Jeri W.
- 8/7 Shanelle S.
- 8/7 David Q.
- 8/8 MiMi D.
- 8/16 Augustina K.
- 8/22 Joe I.
- 8/28 Justin T.
- 8/28 Aster B.
- 8/28 Jessica W.
- 8/29 Fredasia W.

REMEMBER WHEN: PORCH-SITTING SEASON

Before air conditioning was a common feature in most American homes, many folks took to front porches to find cool relief. There, they gathered to catch a breeze in the open air, sip a cool beverage and chat about their day. Porches served as social hubs, and neighbors and friends were often invited to pull up a chair and “sit a spell.” Residents--you can always grab a seat on our front porch!



Performers Emily and Rebecca from Music for Seniors!



Residents shining their “light” during one of our outdoor concerts!

Just for Fun 

EMPLOYEE OF THE MONTH



Michelle Gilliam

Congratulations to our Employee of the Month, Michelle Gilliam! Michelle is a 3rd shift PAL known for her hard work, kind heart, and ability to put smiles on residents' faces. While Michelle has only been a part of the Belmont family for a short time, she has already shown us what a great leader she is. We are so thankful to have a PAL like you who is always willing to go the extra mile. Michelle has truly stepped up to the plate these past few months, and we are all so grateful for her help. Thanks for everything you do, Michelle!



Creative Arts is just one of many activities we offer at Belmont Village!



Tissy and Daisy's Masterpiece



Joyce F during our paint-and-sip class



Lallie Perfecting his Poppies!

OUR 4TH OF JULY!

Thank you to our employees in the kitchen for preparing a wonderful lunch for the residents! Nothing like a cookout!



Mr. Hollis in the 4th of July spirit





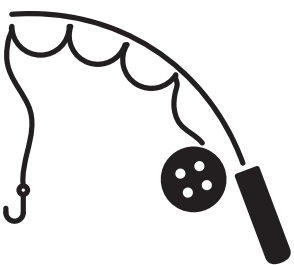

Happy 4th, Helen!

What's **NEW!** New?

DRIVING CHANGES

Out of the safety of our residents, we will be adjusting driving availability provided by Belmont Village. In order to take proactive measures against COVID-19, we are limiting resident appointments and canceling group outings. This is in order to limit any unnecessary exposure to individuals who may have symptoms of COVID-19. Until further notice, we will not be providing transportation to non-essential appointments during the week. Essential medical appointments are allowed; our nursing staff will be contacting doctors to determine whether an appointment is essential to the well-being and safety of the individual resident. We discourage any unnecessary travel outside of the community and will not encourage any residents to leave on their own. We strongly recommend that residents utilize our drivers for any medical appointments. Thank you for your cooperation and flexibility during this time.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<p>All Events Are Subject to Change</p>		 ENJOY SUMMER!			<p><i>August</i></p>	<p>9:30 TH Sit and Be Fit Exercise 🌿 10:00 GR Cranium Crunches 10:30 TH Bridge Club 2:00 TH Saturday Matinee 6:30 TH BINGO</p>						
						<p>2 9:30 TH Sit and Be Fit Exercise 🌿 10:00 TH Morning Prayer Service 10:30 LC Who, What, When? 1:30 TH BINGO 3:00 GR Ice Cream Social</p>	<p>3 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Resident Bible Study 10:30 LC Top 10 with Jill 1:30 LC Whole Brain Fitness 🌿 3:00 TH BINGO 6:30 TH Monday Night Cinema</p>	<p>4 9:30 TH Sit and Be Fit Exercise 🌿 10:15 TH Wii Sports 1:00 LC Activity Planning Meeting 1:30 TH Creative Arts: Jewelry Making with Donna 3:00 TH Trivia & Popsicles 🌿 6:30 TH Resident led BINGO</p>	<p>5 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Marketplace Open (Bring your Bingo Bucks) 10:15 LC Movie Discussion 10:45 LC Wheel of Fortune 1:30 LC Whole Brain Fitness 🌿 6:30 TH Wednesday Night Movie!</p>	<p>6 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Jeopardy 🌿 1:30 TH Seated Yoga with Jill 🌿 2:15 TH Documentary Series 3:30 LC Catch Phrase 6:30 TH Resident Led BINGO</p>	<p>7 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Dominoes with Jill 10:30 TH Music Performance (Video) 11:00 JK Birthday Luncheon 1:30 GR Fireside Chats (Current Events) 2:00 GR Friday Sing-a-long 6:30 TH Resident led BINGO</p>	<p>8 9:30 TH Sit and Be Fit Exercise 🌿 10:00 GR Cranium Crunches 10:30 TH Bridge Club 2:00 TH Saturday Matinee 6:30 TH BINGO</p>
						<p>9 9:30 TH Sit and Be Fit Exercise 🌿 10:00 TH Morning Prayer Service 10:30 LC Who, What, When? 1:30 TH BINGO 3:00 GR Ice Cream Social</p>	<p>10 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Resident Bible Study 10:30 LC Top 10 with Jill 1:30 LC Whole Brain Fitness 🌿 3:00 TH BINGO 6:30 TH Monday Night Cinema</p>	<p>11 9:30 TH Sit and Be Fit Exercise 🌿 10:15 TH Wii Sports 1:30 LC Smart Phone and Computer Help 3:00 TH Trivia & Popsicles 🌿 6:30 TH Resident led BINGO</p>	<p>12 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Marketplace Open (Bring your Bingo Bucks) 10:30 LC Wheel of Fortune 1:30 LC Whole Brain Fitness 🌿 6:30 TH Wednesday Night Movie!</p>	<p>13 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Jeopardy 🌿 1:30 TH Seated Yoga with Jill 🌿 2:15 TH Broadway Film: TBD 3:30 LC Catch Phrase 6:30 TH Resident Led BINGO</p>	<p>14 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Dominoes with Jill 10:30 TH Music Performance (Video) 1:30 GR Fireside Chats (Current Events) 2:00 GR Friday Sing-a-long 6:30 TH Resident led BINGO</p>	<p>15 9:30 TH Sit and Be Fit Exercise 🌿 10:00 GR Cranium Crunches 10:30 TH Bridge Club 2:00 TH Saturday Matinee 6:30 TH BINGO</p>
						<p>16 9:30 TH Sit and Be Fit Exercise 🌿 10:00 TH Morning Prayer Service 10:30 LC Who, What, When? 1:30 TH BINGO 3:00 GR Ice Cream Social</p>	<p>17 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Resident Bible Study 10:30 LC Top 10 with Jill 1:30 LC Whole Brain Fitness 🌿 3:00 TH BINGO 6:30 TH Monday Night Cinema</p>	<p>18 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Men's Group with Tim 10:15 TH Wii Sports 1:30 TH To-Go Pottery (Ceramics) with Jill 3:00 TH Trivia & Popsicles 🌿 6:30 TH Resident led BINGO</p>	<p>19 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Marketplace Open (Bring your Bingo Bucks) 10:15 LC Movie Discussion 10:45 LC Wheel of Fortune 1:30 LC Whole Brain Fitness 🌿 6:30 TH Wednesday Night Movie!</p>	<p>20 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Jeopardy 🌿 1:30 TH Seated Yoga with Jill 🌿 2:15 TH Documentary Series 2:30 LC Culinary Chat 3:30 LC Catch Phrase 6:30 TH Resident Led BINGO</p>	<p>21 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Dominoes with Jill 10:30 TH Music Performance (Video) 1:30 GR Fireside Chats (Current Events) 2:00 GR Friday Sing-a-long 6:30 TH Resident led BINGO</p>	<p>22 9:30 TH Sit and Be Fit Exercise 🌿 10:00 GR Cranium Crunches 10:30 TH Bridge Club 2:00 TH Saturday Matinee 6:30 TH BINGO</p>
						<p>23 9:30 TH Sit and Be Fit Exercise 🌿 10:00 TH Morning Prayer Service 10:30 LC Who, What, When? 1:30 TH BINGO 3:00 GR Ice Cream Social</p>	<p>24 10:00 LC Resident Bible Study 10:30 LC Top 10 with Jill 1:30 LC Whole Brain Fitness 🌿 3:00 TH BINGO 6:30 TH Monday Night Cinema</p>	<p>25 9:30 TH Sit and Be Fit Exercise 🌿 10:15 TH Wii Sports 1:30 TH Paint and Sip with Jill 3:30 TH Trivia & Popsicles* Note time change 🌿 6:30 TH Resident led BINGO</p>	<p>26 9:30 TH Sit and Be Fit Exercise 🌿 10:00 LC Marketplace Open (Bring your Bingo Bucks) 10:30 LC Wheel of Fortune 1:30 LC Whole Brain Fitness 🌿 6:30 TH Wednesday Night Movie!</p>	<p>27 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Jeopardy 🌿 1:30 TH Seated Yoga with Jill 🌿 2:15 TH Broadway Film: TBD 2:30 TH Town Hall Meeting 3:30 LC Catch Phrase 6:30 TH Resident Led BINGO</p>	<p>28 9:30 TH Sit and Be Fit Exercise 🌿 10:30 LC Dominoes with Jill 10:30 TH Heritage Healthpro Discovery Series 10:30 TH Music Performance (Video) 1:30 GR Fireside Chats (Current Events) 2:00 GR Friday Sing-a-long 6:30 TH Resident led BINGO</p>	<p>29 9:30 TH Sit and Be Fit Exercise 🌿 10:00 GR Cranium Crunches 10:30 TH Bridge Club 2:00 TH Saturday Matinee 6:30 TH BINGO</p>
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ACCUSHIELD

Visitors and Residents:

The Accushield Sign-In System replaces the old sign-in log(s) at the front of our Senior Living communities and in its place utilizes a touchscreen, badge-printing tablet to sign in families and friends and confirm receipt of required credentials from third-party health care providers and other vendors working in senior living communities.

We kindly ask that all residents and guests sign in and out at the Front Desk.



REFERRALS

You can get rewarded when you tell your friends about the exceptional services and amenities that Belmont Village has to offer! For a limited time, you'll receive \$2,500 off one month's rent for each new resident you refer who stays for 60 days. That is \$1,500 more than our usual referral benefit! To make an old friend a new neighbor, simply pick up an Official Referral Form from the office & list the names and telephone numbers of your friends who may be considering Senior Living and give it to your Executive Director. We'll take it from there!



Summer Songs

Sunshine, long days and good times ... Summertime has been the subject of countless songs over the years. Soak up these songs about the season.

Year	Song	Artist
1958	"Summertime Blues"	Eddie Cochran
1963	"Those Lazy-Hazy-Crazy Days of Summer"	Nat King Cole
1978	"Summer Nights"	John Travolta and Olivia Newton-John
1984	"The Boys of Summer"	Don Henley
1991	"Summertime"	DJ Jazzy Jeff and the Fresh Prince
2005	"Sunshine and Summertime"	Faith Hill
2013	"Beat This Summer"	Brad Paisley



Craft kits are such an easy and fun way for residents to stay comfortable in their room while still staying active!



Ms. Jean showing off her 4th of July decor made from the craft kit. She was able to complete this activity while social distancing!

While we may not have been able to host group activities for a little while, that does not mean our residents were not having fun! Residents who wished to participate in our 4th of July craft received a craft box with decorations and instructions on how to complete it. We also began a "passport club" where residents received a passport and can stamp it when we "travel" and learn about a new place!



Ms. Gracie Hayden's cute craft!

THE SUNNY SIDE

One of the best things about summer is the season's long, sunny days. Although too much sun can be harmful, experts say spending 10 to 20 minutes a day in direct sunshine has health benefits.

Like plants, humans absorb and metabolize solar energy. When sunlight reaches the skin, our bodies begin producing vitamin D, a crucial ingredient for overall health.

Vitamin D stimulates the body's absorption of calcium and phosphorus, leading to stronger bones and a reduced risk for osteoporosis. New research suggests bone health is also improved by proper levels of vitamin D-3, a byproduct of the body's vitamin D production.

Improved vision and eye health are also linked to vitamin D, and researchers believe the nutrient is necessary for proper function of the body's T cells, which are the immune system's first line of defense in fighting infection.

A recent study found that when sunlight touches the skin, a substance called nitric oxide is released into blood vessels, helping to lower blood pressure.

Sunlight also increases serotonin levels, promoting feelings of happiness. Plus, serotonin helps regulate your appetite, which can aid in weight loss.

Here are some DOs and DON'Ts on how to wear your mask from our Ms. Jane! We hope you learn from her example.



DON'T cover your eyes!!



DON'T let your nose show. You can still spread the virus this way.



DO cover your nose AND mouth!

Welcome New Residents

If you see a new face
Don't be shy,
Wave your hand
and give a big Hi!

Please help our new residents feel at home. If you see a face you haven't seen before, introduce yourself and invite them to a meal or activity with you. Everybody was new once!

Once the Welcome Committee gets back up and running, we will be looking for new members to help welcome our new residents and show them the ropes. Come see Jill if you are interested in joining!



WEEKLY WRITING GROUP

If you are interested in joining our weekly writing group, please let Jill know. Currently, our group meets on Wednesdays at 3 PM via Zoom on an iPad. You are welcome to use Belmont Village's iPad to join the group! We write about many different topics, and it is a great time to reminisce and get to know each other.

VILLAGE SCENE



Happy 4th, Jayne!



Gloria enjoying the 4th of July lunch!



Beautiful 4th of July flowers



Tissy's adorable patriotic outfit!



Ms. Betty chatting with her 97 year old sister-in-law all the way from New York state!



*It's not a party without these two!
Happy 4th, Betty and Joyce!*

BELMONT *Village*

SENIOR LIVING

GREEN HILLS

4206 Stammer Place
Nashville, TN 37215

ACL F Lic. 59

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

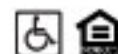
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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