

THE VILLAGE NEWS



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

OCTOBER 2020

Director's Corner



Jan Boatright
Executive Director

Fall is arriving with cooler weather and longer nights, making now the perfect time to enjoy the comforts of home. Out of all the seasons, fall is my favorite. Fall is one of the most beautiful times of the year, producing leaves in magnificent shades of yellow, orange and red. Birds make their annual journey southward. Halloween and Thanksgiving are just around the corner.

As the weather changes, the time changes; yes, it's that time again to turn back the clocks. Most of the U.S.A. will "fall back" for daylight saving time on the first Sunday in November. On that morning, clocks from coast

to coast will be set back one hour. Don't forget to set your own timepieces in reverse, too.

On occasion, severe weather may threaten our community. As part of the Belmont Village Disaster Preparedness Plan, we have established a toll-free information line to advise families during a natural disaster such as a tornado, flood, hurricane or wildfire. The number will be permanently included on the first page of this newsletter at the bottom. Please keep this number handy as a source of information concerning the operation of Belmont Village during a disaster. Please feel free to call me if you have any questions. Thank you for choosing to call Belmont Village home.

Welcome, Autumn!



Staff Directory

Jan Boatright

Executive Director

jboatright@belmontvillage.com
(770) 813-9505 ext. 104

Angela Blaque

Director of Resident Care Services

ablaque@belmontvillage.com
(770) 813-9505 ext. 105

Pon Moore

Human Resources Generalist

pmoore@belmontvillage.com
(770) 813-9505 ext. 106

Leslie Sowers

Community Relations Coordinator

lsowers@belmontvillage.com
(770) 813-9505 ext. 107

LeAnn Crawford

Community Relations Coordinator

lcrawford@belmontvillage.com
(770) 813-9505 ext. 108

Jamila Greene

Activity Memory Programs Coord.

jgreene@belmontvillage.com
(770) 813-9505 ext. 109

Dave Autry

Building Engineer

dautry@belmontvillage.com
(770) 813-9505 ext. 111

David Ifidon

Chef Manager

difidon@belmontvillage.com
(770) 813-9505 ext. 112

RESIDENT BIRTHDAYS

10/6	Ralph L.
10/8	Marion W.
10/9	Annie Faye G.
10/16	Marlyn G.
10/17	Kathleen M.
10/20	Carolyn M.
10/21	Patricia H.
10/23	Laura P.
10/29	Bobby B.
10/29	Wanda C.
10/31	Joan G.



EMPLOYEE BIRTHDAYS

10/1	LaShawn A. (Concierge)
10/4	Pon Moore (HR Generalist)
10/5	Ismahan M. (PAL)
10/24	Chadonna Z. (PAL)



TO YOUR HEALTH: SIP SOME SOUP

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.



ENTERING 'THE TWILIGHT ZONE'

In October 1959, Rod Serling took TV viewers to another dimension with the premiere of his show, "The Twilight Zone." Part science fiction and part fantasy, the iconic series remains a rerun favorite for its eerie twists and thought-provoking storylines.



TAILGATE AT HOME

To many football fans, game day kicks off with a traditional parking lot tailgate party. But some prefer to “homegate,” which is tailgating at home. This trend scores big with folks who want to avoid tackling the crowds and stadium stresses and instead root for their team with friends huddled around a big-screen TV, comfy couch and tailgate fare at home.



A FOOTBALL FAVORITE

On Oct. 7, 1984, Chicago Bears running back Walter Payton gained his 12,313th rushing yard, breaking the record set in 1965 by Jim Brown of the Cleveland Browns. Payton played for the Bears for two more seasons. By the end of his career, he had rushed for 16,726 yards, and he remained the NFL’s all-time leading rusher until October 2002, when Dallas Cowboy Emmitt Smith broke the record. Payton, who was nicknamed “Sweetness,” was elected to the Pro Football Hall of Fame in 1993.



Let us bring you special refreshments to your door every Friday at 3:00 pm!



LUNCH BUNCH DINE-IN DAY

Enjoy your favorite restaurant meals in the comfort of your room every Monday at noon. Please use the sign-up sheet located in the Great Room area below the activity calendar.

- 10/5 Chick-fil-A
- 10/12 Pearl Lian
- 10/19 Chicken Salad Chick
- 10/26 Verra Zanno



THINK PINK

October is National Breast Cancer Awareness Month.







Marilyn & Marlyn G. say cheers with their root beer floats.



Aubrey M. enjoying his root beer float.



Barbara T. enjoying Marco's Pizza.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Due to COVID-19 Activities Are Subject to Change</p> 				<p>International Coffee Day 1</p> <p>10:00 AR Coffee Cart 10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 AR Daily Devotional 1:30 AR Coffee Trivia 3:00 P4 Heads Up! 4:00 P4 Bananagrams</p>	<p>World Smile Day 2</p> <p>10:00 GR FLU SHOT CLINIC 10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Music Time with Jamila 3:00 AR Happy Hour 6:00 P4 Phase 10</p>	<p>National Poetry Day 3</p> <p>10:15 AR Exercise Video 11:00 P3 Enjoy Poetry 2:00 AR Movie Premiere 4:00 P4 Residents' Choice Activity</p>
<p>National Golf Lovers Day 4</p> <p>10:00 AR Sunday Service- Virtual 10:30 P3 Sunday Inspiration 11:00 AR Afternoon Walk 2:00 AR Bingo for Bucks 4:00 P4 Scattergories</p>	<p>World Teachers' Day 5</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Good News Article 12:00 RA Dine In Day - Chick-fil-A†† 2:00 AR Brain Games 4:00 AR Heads Up! 6:00 P4 Phase 10</p>	<p>National Noodle Day 6</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Daily Devotional 1:00 P4 Heads Up! 2:00 AR Bingo for Bucks 4:00 AR Word Games 6:00 AR Evening Movie</p>	<p>National Frappe Day 7</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Brain Games 2:30 AR Crafts with Melissa 3:00 AR Afternoon Walk 6:00 P4 Scattergories</p>	<p>National Fluffernutter Day 8</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Daily Devotional 1:30 AR Trivia 2:00 AR Special Treat- Peanut butter & Marshmallow sandwich 3:00 P4 Heads Up! 4:00 P4 Bananagrams 6:00 P4 Evening Movie</p>	<p>World Post Day 9</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Heads Up! 3:00 AR Happy Hour- Alan Weisenberg- Virtual ✓ 6:00 P4 Phase 10</p>	<p>National Hug a Drummer Day 10</p> <p>10:15 AR Exercise Video 11:00 P3 Morning Trivia 2:00 AR Let's Play Family Feud! 4:00 P4 You Be The Judge</p>
<p>National Kimberly Day 11</p> <p>10:00 AR Sunday Service- Virtual 10:30 P3 Sunday Inspiration 11:00 AR Afternoon Walk 2:00 AR Bingo for Bucks 4:00 P4 Scrabble</p>	<p>Columbus Day 12</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Good News Article 12:00 RA Dine In Day - Pearl Lian†† 2:00 AR Brain Games 3:00 AR Game of Darts with Ron! 6:00 P4 Let's Play Cards!</p>	<p>National M&Ms Day 13</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Daily Devotional 1:00 P4 Heads Up! 2:00 AR Bingo for Bucks 4:00 AR Word Games 6:00 AR Evening Movie</p>	<p>National Fossil Day 14</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Brain Games 2:30 AR Crafts with Melissa 3:00 AR Afternoon Walk 6:00 P4 Scattergories</p>	<p>National Math Day 15</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Daily Devotional 1:30 AR Math Puzzle 3:00 P4 Heads Up! 4:00 P4 Bananagrams 6:00 P4 Evening Movie</p>	<p>Global Cat Day 16</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Music Time with Jamila 3:00 AR Happy Hour 6:00 P4 Phase 10</p>	<p>Sweetest Day 17</p> <p>10:15 AR Exercise Video 11:00 P3 Did you know.. Fun Facts! 2:00 AR Movie Premiere 4:00 P4 Residents' Choice Activity</p>
<p>National No Beard Day 18</p> <p>10:00 AR Sunday Service- Virtual 10:30 P3 Sunday Inspiration 11:00 AR Afternoon Walk 2:00 AR Bingo for Bucks 4:00 P4 Scattergories</p>	<p>National New Friends Day 19</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Good News Article 12:00 RA Dine In Day - Chicken Salad Chick†† 2:00 AR Brain Games 4:00 AR Heads Up! 6:00 P4 Phase 10</p>	<p>National Day on Writing 20</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Daily Devotional 1:00 P4 Heads Up! 2:00 AR Bingo for Bucks 4:00 AR Word Games 6:00 AR Evening Movie</p>	<p>National Apple Day 21</p> <p>10:15 AR Exercise- Move Your Body 11:00 RA Good News Article 2:00 AR Brain Games 2:30 AR Crafts with Melissa 3:00 AR Afternoon Walk 6:00 P4 Scattergories</p>	<p>National Reptile Day 22</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Daily Devotional 1:30 AR Reptile Facts Trivia 3:00 P4 Heads Up! 4:00 P4 Bananagrams 6:00 P4 Evening Movie</p>	<p>National Mole Day 23</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Music Time with Jamila 3:00 AR Happy Hour 6:00 P4 Phase 10</p>	<p>United Nations Day 24</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Did you know.. Fun Facts! 2:00 AR Let's Play Family Feud! 4:00 P4 Brain Games</p>
<p>National I Care About You Day 25</p> <p>10:00 AR Sunday Service- Virtual 10:30 P3 Sunday Inspiration 11:00 AR Afternoon Walk 2:00 AR Bingo for Bucks 4:00 P4 Scrabble</p>	<p>National Pumpkin Day 26</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Good News Article 12:00 RA Dine In Day - Verra Zanno †† 2:00 AR Brain Games 3:00 AR Indoor Golf with Ron! 6:00 P4 Let's Play Cards!</p>	<p>Navy Day 27</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Daily Devotional 1:00 P4 Heads Up! 2:00 AR Bingo for Bucks 3:00 AR Residents' Council Meeting 4:00 AR Word Games 6:00 AR Evening Movie</p>	<p>National Chocolate Day 28</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Brain Games 2:30 AR Crafts with Melissa 3:00 AR Afternoon Walk 3:00 AR Hot Chocolate Cart 6:00 P4 Scattergories</p>	<p>National Internet Day 29</p> <p>10:30 AR Silver Senior Workout with Stephanie-Virtual 11:00 P3 Daily Devotional 1:30 AR Computer Puzzle 3:00 P4 Heads Up! 4:00 P4 Bananagrams 6:00 P4 Evening Movie</p>	<p>National Candy Corn Day 30</p> <p>10:15 AR Exercise- Move Your Body 11:00 P3 Good News Article 2:00 AR Music Time with Jamila 2:15 AR Resident Birthday Treats 2:30 AR Costume Contest 3:00 AR Happy Hour 6:00 P4 Phase 10</p>	<p>Halloween 31</p> <p>10:15 AR Exercise- Move Your Body 11:00 P4 Spooky Trivia 2:00 AR Movie Premiere- Classic Monster Movie 4:00 P4 Residents' Choice Activity</p>

LAUGH LINES: FELINE FUNNIES

He loves lasagna and being lazy. Garfield, the famous feline created by cartoonist Jim Davis, made his debut in 1978 and is the star of the most widely syndicated comic strip in the world. Celebrate National Cat Day on Oct. 29 with some of the candid cat's words of wisdom:

"Eat every meal as though it were your last."

"A little ego goes nowhere."

"Never leave your food dish under a birdcage."

"If people were meant to pop out of bed, we'd all sleep in toasters."

"With due respect to Will Rogers, I never met a lasagna I didn't like."

"The most active thing about me is my imagination."

"All I do is eat and sleep. Eat and sleep. Eat and sleep. There must be more to a cat's life than that. But I hope not."

Q: Why don't cats like online shopping?

A: They prefer a cat-alogue.

Q: What do you call a pile of kittens?

A: A meow-tain.

Q: What do you call a cat that is caught by the police?

A: The purr-petrator.

Q: What's the worst kind of cat?

A: A cat-astrophe.



BRAIN BENDER: TRICK OR TREAT

Use the following clues to change the word "trick" to "treat" by replacing one letter at a time, creating a new word with each change.

TRICK

_____ Course for racing

_____ To ruin or destroy

_____ Ruined ship or car

_____ To cause chaos

_____ A split or fracture

_____ Sandwich ingredient

_____ Grooved surface of a tire or shoe

TREAT

(Answer: *trick, track, wrack, wreck, wreak, break, bread, tread, treat*)



POUNDS OF PUMPKINS

About 2 billion pounds of pumpkins are harvested in the U.S. each year.



A TASTE OF THE SEASON

Along with pumpkin patches, hay rides and football games, enjoying an apple cider doughnut has become an autumn tradition. Often a homemade treat at apple orchards and cider mills, this spice cake doughnut started gaining wide appeal in the 1950s for its mix of seasonal flavors.

Circle of Friends & Neighborhood

Our Circle of Friends residents had a fun-filled September. We enjoyed many scenic walks outside in the pleasant fall atmosphere. Root beer floats, Chick-fil-A and pizza were some of our special dine-in cuisine. We learned about Tootsie Rolls, the autumnal equinox, Pocahontas, Chinese Festivals and Rosh Hashanah. We look forward to the fun we will have in October!



Our Neighborhood friends did not skip a beat when it came to fun in September. We also enjoyed pizza, root beer floats, and sang along during All That Jazz day! However it is not just fun and games, we learned some amazing facts about Women's Suffrage, the Wild Wild West and mushrooms. We look forward to some spooky fun in October!



WELCOME PON MOORE



Let's give a warm welcome to Pon Moore, Human Resources Generalist, for Johns Creek. She has been in the Human Resources field for over 15 years and loves everything about her career choice. She is originally from Pennsylvania and moved down to Georgia 5 years ago. Pon is married and has 4 wonderful boys, 2 dogs and a cat. She is super excited for the opportunity to be a part of the Belmont Village team.

FLU SHOT CLINIC

Flu shot clinic on October 2nd at 10:00 a.m. Please see Angela Blaque to sign up for your flu shot.



Associate of the Month



JOULIET GHOKASIAN

Jouliet joined the Belmont Family in 2008. She is a team player and is willing to take time from her busy day to help a resident in need. Jouliet is not only dedicated in her housekeeping duties but also to her fellow staff members. She is well thought of and respected by the residents and staff. Thank you, Jouliet, for all your hard work!



BELMONT VILLAGE SCENE



Happy Birthday, Bo D.



Leona B. enjoying a root beer float.



We love to celebrate at Belmont Village.



Don L. is happy to get dessert.



Lily A. relaxing with her root beer float.



Sally H. with a cool root beer float.

BELMONT *Village*

SENIOR LIVING

JOHNS CREEK

4315 Johns Creek Parkway
Suwanee, GA 30024

PC Lic. 58030041

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

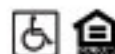
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



belmontvillage.com



©2020 BELMONT VILLAGE, L.P.