EXECUTIVE DIRECTOR DONNA HERMANN

Welcome, Cynthia Moman! Early January, Cynthia joined our team as Human Resources Generalist. Cynthia has worked in Human Resources for over seven years, focusing on employment engagement and processes. Her work experience includes permanent assignments at the University of Chicago Medicine and Chicago Public Schools through the contractor for whom she was employed long term. Cynthia has her Bachelor’s in Arts with a minor in Sociology and earned her Master’s degree in Public Administration. Cynthia’s goal is to finish her dissertation to complete her doctorate degree in Business Administration with a concentration in Organizational Leadership. Cynthia’s passion is working with the public, engaging employees and strives to exemplify excellence and assist others in honing their skills.

Cynthia is a mother of two, an 11 year old girl and 13 year old son. They love to travel and shop! Her daughter plays basketball, volleyball, and dances and her son plays soccer. Cynthia is happy to be a part of the Belmont family and looks forward to making great memories with our residents, families, friends, and employees. Please join me in welcoming Cynthia to Belmont Village Lincoln Park!

Sunday, February 2nd, is Super Bowl 54! Chiefs or 49ers? Please join us for friendship, fun and hot appetizers to cheer on your favorite team. Alas, no Packers, tough game to watch last night so I’m in it for the commercials and the half-time show. Maybe next year!

Valentine’s Day – Friday, February 14th. AKA Saint Valentine’s Day or the Feast of Saint Valentine, the celebration originated as a Western Christian feast day honoring Saint Valentine of Rome. Silvia and Bri are cooking up a lovely meal, décor, and some special entertainment to celebrate the day. See you all there!

92nd Academy Awards - Sunday, February 9th. For the second year in a row, the biggest night in movies will not have a host. The night is expected to be filled with “starry” skits and music. Break out your “bling” and join us for our viewing party, voting contest and festive food and beverages.

Cheers! -Donna
Happy Birthday

RESIDENT BIRTHDAYS

2/3  Joanne M.
2/6  Robert G.
2/6  Gerald M.
2/13 Todd L.
2/27 Paula D.

OSCARS VIEWING PARTY

This February 9th at 6:30pm we are having an Oscars viewing party. Popcorn and winner for the most correct ballot predictions. Please join on Friday, February 7th, at 2pm to cast your vote predictions on a ballot. This will be a great time to engage with others on our thoughts on this year’s films as well as actors and actresses.

VALENTINE’S DANCE

This month is full of love! Please dress your best for our annual Valentine’s Day party. Cocktails and sweet treats to satisfy all. Our party will begin at 2pm. Wear your dancing shoes for some rockin’ live entertainment.

CHIEFS V.S. 49ERS

It’s that time of year again to celebrate the best Super Bowl Sunday! Please join us for some food, drinks and all of the football. Residents will be encouraged to get together in our Sports Lounge and Screening Room on the 7th floor for a fun party!
NYE 2020
Ringing in the New Year has been such an incredible experience for our first year at Lincoln Park. We look forward to many more of these wonderful celebrations.

Resident Party

CHICAGO HISTORY MUSEUM
Residents had such a great time exploring through the Chicago History Museum. Loved to take a morning to continue to learn about the history of where we live. It has continued to spark conversations and we look forward to more events like this!

Out & About

Josephine’s Kitchen

DINING HOURS
Breakfast ............... 7:00am-9:00am
Lunch .................. 11:00am-1:00pm
Dinner .................. 4:30-7:00pm

RESIDENT COUNCIL
Our resident council will be held Thursday, February 27th, at 3pm. This is a time where residents are free to express needs and concerns and new ideas about living with us at Lincoln Park. Please join to listen and be a part of a great community.

NEW YEAR’S RESOLUTIONS
Don’t lose sight! It’s around that time where this year becomes more of a challenge with all of those around us to keep our New Year’s resolutions!

Continue to keep going if it’s exercise, eating healthy or just simply being more active. Keep going! It is always going to be worth it!
## February 2020

### Sunday
- **10:30 AM** Morning Exercise
- **11:00 AM** Trivia with Concierge
- **3:00 PM** Midday Movie
- **5:30 PM** Super Bowl Sunday

### Monday
- **10:30 AM** Morning Walking Club
- **10:00 AM** Yoga
- **10:00 AM** Social Issues Discussion
- **3:00 PM** Communion with St. Clement
- **7:00 PM** Evening Movie- Residents’ Choice

### Tuesday
- **10:00 AM** Yoga
- **10:30 AM** Hot Health News Discussion
- **11:45 AM** Lunch Outing
- **6:30 PM** Residents Choice with Daniel

### Wednesday
- **10:00 AM** Morning Walking Club
- **10:45 AM** History Talk
- **1:00 PM** Riverdance- Cadillac Theater
- **2:00 PM** Mix and Mingle Stories
- **6:00 PM** Board Games in the Bistro with Julia and Caitlin

### Thursday
- **10:30 AM** Shopping Outing
- **2:00 PM** Brain Games
- **4:00 PM** Wine and Cheese
- **6:00 PM** Board Games in the Bistro with Julia and Caitlin

### Friday
- **10:00 AM** Morning Walking Club
- **10:30 AM** Trivia!
- **2:00 PM** Oscars Ballot Voting
- **6:00 PM** Card Club

### Saturday
- **10:30 AM** Table Games with Ryan
- **2:00 PM** Midday Documentary
- **6:00 PM** Card Games

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### Presidents Day
- **10:00 AM** Morning Walking Club
- **10:30 AM** Brain Games
- **2:00 PM** Social Issues Discussion
- **3:00 PM** Communion with St. Clement
- **7:00 PM** Evening Movie- Residents’ Choice

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### Table Games
- **10:30 AM** Table Games
- **2:00 PM** Table Games
- **6:00 PM** Table Games

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### Card Games
- **10:30 AM** Card Club
- **2:00 PM** Card Club
- **6:00 PM** Card Club

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### Sign-Up Required
- **10:30 AM** Table Games with Ryan
- **2:00 PM** Midday Documentary
- **6:00 PM** Card Games

### Town Hall
- **10:30 AM** 11

### Bistro
- **10:30 AM** 2

### Great Room
- **10:30 AM** 3

### Screening Room 7th Floor
- **10:30 AM** 4

### COF Day Room
- **10:30 AM** 5

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HAPPENINGS WITH HENDRICKS

It’s been a crazy start to the year! I have needed a few weeks to recover but I am back and all better. I look forward to snuggling with each of my residents more and more throughout the year to help me feel better (and maybe them, too).

As I continue to train these next few months, I am going to be very strict. If you see me training, please let me try my best because I am working very hard and need all of your support. I am no longer able to accept any snacks or treats from anyone to really focus in on my training.

I love all of your support and I am supported best when I am able to fully focus without as many distractions.

I am mastering my no jumping so please help to not encourage me as well. I know that through this I will pass my test and everyone is able to say they contributed to achieving my goals.

This February is full of love and I will continue to express all of mine through many kisses and being well trained. XOXO Hendricks.

JEWELRY MAKING

This month we explored with the idea of creating our own jewelry. Safe to say it gave us a few laughs. Walked away with some original pieces; we look forward to making more memories and great new art!

VALENTINE’S DAY REMINDER

Has Cupid been busy in your life? Don’t forget to express your love to your special valentine on Feb. 14.
THERAPY CORNER
WITH DENISE MUDRONJA, HEALTHPRO-HERITAGE

We have all heard the expression “Laughter is the best medicine,” but did you know that this is now scientifically proven and there is such a thing as laughter yoga?!?! There are now over 400 laughter clubs in the United States and over 6000 worldwide. The best part is that laughter is free; you can do it on your own or with a group of friends and the benefits include stress reduction, pain reduction, improved vital signs, increase positive outlook, increased energy levels, and developing a sense of connection to others. A good hearty laugh can leave your muscles relaxed for up to 45 minutes. Did you know children laugh on average 400 times a day, but adults only laugh on average 15 times? Let’s make it a goal for the New Year to laugh more, encourage others to laugh through the sharing of a joke or funny anecdote, or just making a funny face. Here is a little something to start you all off on your laughter journey!

NFL FUN FACTS

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17–0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.

LET YOUR LOVE SHOW

There are many ways to show the significant people in your life how much you care about them. Whether a spouse, partner, parent, child or friend, you can express your love in simple ways that mean a lot.

Write your loved one a note or postcard describing all the things you appreciate about them. Put it in their lunchbox or on their pillow, or drop it in the mail.

Be open to trying an activity that the other person loves.

Surprise them by doing a task they dislike, whether it’s walking the dog, taking out the trash or folding laundry.

Laugh at your loved one’s jokes.

Ask their advice, even if you don’t need help making a decision. It shows you value what they have to say.

Give your loved one a book you have enjoyed and inscribe it with a meaningful message.

If you know they have a big event coming up, show interest in it and support their efforts.

Plan a surprise outing, such as dinner at a favorite restaurant or tickets to a sporting event.

Send a text asking how their day is going.

Look for something online that you know they need and forward them the link.

Listen. The most flattering thing in the world is to have someone’s undivided attention.
BELMONT Village

SENIOR LIVING

LINCOLN PARK
700 W Fullerton Ave.
Chicago, IL 60614

RCFE License Pending

BELMONT VILLAGE COMMUNITIES


ARIZONA: Scottsdale

CHICAGOLAND: Buffalo Grove, Geneva Road, Oak Park, Glenview, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville, Atlanta - Buckhead and Johns Creek, Dallas, Austin - Lakeway and West Lake Hills. Houston - West University and Hunters Creek

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