

THE VILLAGE NEWS

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



AUGUST 2020

Dear Friends,

We have good news to share on the daily routine front here at Belmont Village! Outdoor visitations have been a big hit! Our residents and families have been enjoying the privacy of the Orchard Street Terrace for socially distanced visits. Please know we appreciate everyone's cooperation with regard to calling in advance to schedule appointments, wearing masks, temperature and symptom checks, as well as social distancing.

Bri has been taking interested Assisted Living residents outdoors for daily walks. She rotates through a few small groups each morning, taking two to three residents out at a time. On the therapy front, our team just received approval to take residents outdoors on Belmont Village property to conduct therapy sessions.

Yoga and Tai Chi are happening out front under the porte cochere. Our residents love it and so do our neighbors. Kevin Hermanek treated us to a fascinating talk on the Graf Zeppelin, Hindenburg and Airships of Today last week.

Our Circle of Friends and Neighborhood groups have been back in action. Kelsey has been busy coordinating phone,

Zoom and FaceTime calls in addition to ensuring our Neighborhood residents are escorted down to the terrace for their in-person visits. In her spare time, Kelsey has provided grooming services for many of our men. You'll all be the first to know once IDPH gives us the green light to reopen salon services. Our residents have really enjoyed returning to Josephine's Kitchen for meals.

Finally, Jinkie has done a terrific job since we opened arranging ancillary services options for our residents. Good news considering these providers are all considered essential! Jinkie and her team have assisted with virtual as well as in-person visits.

Belmont Village has also partnered with Maxwell Telehealth. In the event of an urgent need when a resident's PCP is not available, a Maxwell physician can be available virtually to assist with the emergency.

As Summer progresses, COVID-19 continues to spread nationally and globally. Our team is honored and grateful for the opportunity to continue to serve you and your loved ones. We appreciate the trust you have placed in us.

Sincerely, Donna

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Happy Birthday

RESIDENT BIRTHDAYS

- 8/1 Norman Z.
- 8/5 Jim N.
- 8/5 Roger S.
- 8/8 Lou M.
- 8/30 Annette S.



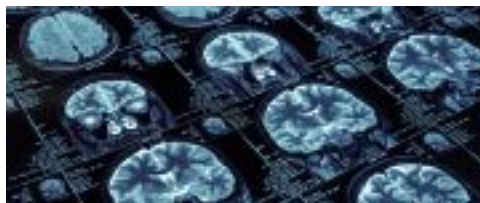
EMPLOYEE BIRTHDAYS

- 8/7 Tonika D.
- 8/18 Jayda A.
- 8/22 Marcus D.
- 8/29 Sandra A.
- 8/30 Chiemko W.
- 8/31 Jaimie B.
- 8/31 Elizabeth M.



SCIENCE WITH SENIORS BY NORTHWESTERN

Via Zoom the first Friday of each month we will be working with Northwestern PhD students listening to different topics they are studying on. Recently we have heard about GMOs and environmental inequalities. Come by Town Hall to enjoy what these students are learning and expand our own minds.



COCKTAIL HOUR!

Tuesdays at 3:30pm we are mixing up fun drinks in the warm weather. Join us on the middle patio to try a variety of drinks throughout the month of August. Frozen lemonades are a big crowd pleaser!



Group Trivia

LIFTING HEARTS WITH THE ARTS

Lincoln Park has been working with a student led volunteer program Lifting Hearts with the Arts. Opportunities to connect on Monday and Thursday afternoon via Zoom. Each opportunity is hosted by one of the volunteers. They have presented concerts, trivia and even played a game created by one of our residents.

We are excited to continue to grow our volunteer group virtually throughout the next few months!

FOURTH OF JULY



OUT AND ABOUT

LINCOLN PARK PRESCHOOL DROPPED BY

What great visitors from afar! We were able to watch our little neighbors walk by and wave hello! They sang us a sweet little song and continued on with their walk. Lincoln Park has been such a great neighborhood to stay connected!



We look forward to many more visits from others!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30 ■ B Residents' Choice Board Games 2:00 ■ GR Midday Walk 4:00 ■ OT Patio Sips 6:00 ■ B Card Games
2 10:30 ■ TH Morning Dance Party with Jessica 11:00 ■ GR Fun Facts with Jessica 3:00 ■ OT Patio Relaxation 6:30 ■ SR Movie Night	3 10:00 ■ GR Morning Walking Club 12:00 ■ GR Yoga Outside with Rhonda 2:00 ■ TH Social Issues Discussion 3:00 ■ TH Lifting Hearts with the Arts 6:30 ■ SR Evening Movie	4 10:00 ■ GR Morning Walking Club 1:00 ■ TH Secrets of Sleep 3:30 ■ OT Cocktail Hour 6:15 ■ GR Tai Chi with Dimitri	5 10:00 ■ GR Morning Walking Club 1:00 ■ TH Human Personality 6:30 ■ SR Evening Movie	6 10:00 ■ GR Morning Walking Club 2:00 ■ TH The Roman Empire 3:00 ■ TH Lifting Hearts with the Arts 4:00 ■ GR Wine and Cheese 6:15 ■ GR Tai Chi with Dimitri	7 10:00 ■ GR Morning Walking Club 2:00 ■ TH Board Games 7:00 ■ SR Movie	8 10:30 ■ B Residents' Choice Board Games 2:00 ■ GR Midday Walk 4:00 ■ OT Patio Sips 6:00 ■ B Card Games
9 10:30 ■ TH Morning Dance Party with Jessica 11:00 ■ GR Fun Facts with Jessica 3:00 ■ OT Patio Relaxation 6:30 ■ SR Movie Night	10 10:00 ■ GR Morning Walking Club 12:00 ■ GR Yoga Outside with Rhonda 2:00 ■ TH Social Issues Discussion 6:30 ■ SR Evening Movie	11 10:00 ■ GR Morning Walking Club 1:00 ■ TH Secrets of Sleep 3:30 ■ OT Cocktail Hour 6:15 ■ GR Tai Chi with Dimitri	12 10:00 ■ GR Morning Walking Club 1:00 ■ TH Human Personality 6:30 ■ SR Evening Movie	13 10:00 ■ GR Morning Walking Club 2:00 ■ TH The Roman Empire 4:00 ■ GR Wine and Cheese 6:15 ■ GR Tai Chi with Dimitri	14 10:00 ■ GR Morning Walking Club 2:00 ■ TH Board Games 7:00 ■ SR Movie	15 10:30 ■ B Residents' Choice Board Games 2:00 ■ GR Midday Walk 4:00 ■ OT Patio Sips 6:00 ■ B Card Games
16 10:30 ■ TH Morning Dance Party with Jessica 11:00 ■ GR Fun Facts with Jessica 3:00 ■ OT Patio Relaxation 6:30 ■ SR Movie Night	17 10:00 ■ GR Morning Walking Club 12:00 ■ GR Yoga Outside with Rhonda 2:00 ■ TH Social Issues Discussion 6:30 ■ SR Evening Movie	18 10:00 ■ GR Morning Walking Club 1:00 ■ TH Secrets of Sleep 3:30 ■ OT Cocktail Hour 6:15 ■ GR Tai Chi with Dimitri	19 10:00 ■ GR Morning Walking Club 1:00 ■ TH Human Personality 6:30 ■ SR Evening Movie	20 10:00 ■ GR Morning Walking Club 2:00 ■ TH The Roman Empire 4:00 ■ GR Wine and Cheese 6:15 ■ GR Tai Chi with Dimitri	21 10:00 ■ GR Morning Walking Club 2:00 ■ TH Board Games 7:00 ■ SR Movie	22 10:30 ■ B Residents' Choice Board Games 2:00 ■ GR Midday Walk 4:00 ■ OT Patio Sips 6:00 ■ B Card Games
23 10:30 ■ TH Morning Dance Party with Jessica 11:00 ■ GR Fun Facts with Jessica 3:00 ■ OT Patio Relaxation 6:30 ■ SR Movie Night	24 10:00 ■ GR Morning Walking Club 12:00 ■ GR Yoga Outside with Rhonda 2:00 ■ TH Social Issues Discussion 6:30 ■ SR Evening Movie	25 10:00 ■ GR Morning Walking Club 1:00 ■ TH Secrets of Sleep 3:30 ■ OT Cocktail Hour 6:15 ■ GR Tai Chi with Dimitri	26 10:00 ■ GR Morning Walking Club 1:00 ■ TH Human Personality 6:30 ■ SR Evening Movie	27 10:00 ■ GR Morning Walking Club 2:00 ■ TH The Roman Empire 4:00 ■ GR Wine and Cheese 6:15 ■ GR Tai Chi with Dimitri	28 10:00 ■ GR Morning Walking Club 2:00 ■ TH Board Games 7:00 ■ SR Movie	29 10:30 ■ B Residents' Choice Board Games 2:00 ■ GR Midday Walk 4:00 ■ OT Patio Sips 6:00 ■ B Card Games
30 10:30 ■ TH Morning Dance Party with Jessica 11:00 ■ GR Fun Facts with Jessica 3:00 ■ OT Patio Relaxation 6:30 ■ SR Movie Night	31 10:00 ■ GR Morning Walking Club 12:00 ■ GR Yoga Outside with Rhonda 2:00 ■ TH Social Issues Discussion 6:30 ■ SR Evening Movie					

FATHER'S DAY FUN



"This Month In History"

AUGUST

1909: The U.S. military enters the aviation age when the Army purchases its first airplane, the Wright Military Flyer, built by the Wright brothers.

1910: Chicago engineer Alva J. Fisher receives a patent for his electric motor-powered washing machine. The washer was sold under the brand name Thor.

1939: Business tycoon and pilot Howard Hughes receives the

Congressional Gold Medal for "advancing the science of aviation."

1942: The Battle of Guadalcanal begins. It was the first major Allied offensive in the Pacific during World War II.

1957: With teens dancing to the day's hit music, "American Bandstand," hosted by Dick Clark, starts broadcasting nationwide.

1962: Spider-Man makes his debut in the comic book "Amazing Fantasy" issue No. 15, published by Marvel Comics.

1970: Introduced by Neil Diamond at a club in Hollywood, singer Elton John performs his first show in the U.S.

1981: The IBM Personal Computer goes on sale with a price tag of \$1,565.

1993: Parisian officials welcome the 150 millionth visitor to the Eiffel Tower since it opened in 1889.

2001: Astronomers announce the discovery of the first solar system outside our own when they identify two planets orbiting a star in the Big Dipper constellation.

2008: China's capital city of Beijing hosts the Summer Olympic Games.

2017: In a rare coast-to-coast total solar eclipse, the moon's shadow sweeps across 14 U.S. states.

BIRTHDAY CELEBRATION



Enjoyed celebrating Irene's 80th Birthday. Everyone enjoyed the Irish bagpipes and celebrating such a big day!



FOCUSING ON OUR HEALTH

During COVID-19 we have made more of an effort to maintain our fitness for the body and mind. Each Monday morning we have our yoga class outside with Rhonda. Everyone is sitting in a circle socially distant with masks on outside. Additionally, on Tuesday and Thursday evening we have our instructor, Dimitri, leading us in Tai Chi to continually work on our mind-body connection. Each morning at 10:00 and 10:30 am residents are signing up at the concierge to go on a walk. These walks have been so great to get a breath of fresh air.

Some Wednesday afternoons we are dipping our toes in having some spa treatments. It can be making sugar scrubs for our hands or doing a face mask on the patio. Self care is very important through this time!

SUGAR SCRUBS



THE BELMONT SCENE



BELMONT *Village*

SENIOR LIVING

LINCOLN PARK

700 W Fullerton Ave.
Chicago, IL 60614

RCFE License Pending

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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