

THE VILLAGE NEWS

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



DECEMBER 2020

EXECUTIVE DIRECTOR DONNA HERMANN

New year? Yes, please!

This year has been like no other. We will soon reach the one-year mark when COVID-19 first revealed itself—beginning as a “problem” far away in another time zone to having impacted every neighborhood around the globe. Our lives transformed seemingly overnight. At the same time, we have so much to be grateful for and that is one another!

Resilience! As a nation, we have survived WWI, the Great Depression, WWII, the Korean and Vietnam Wars, Civil Rights protests and unrest, the Persian Gulf War, 9/11, Hurricane Katrina, Afghanistan, Iraq, increasing severity to weather-related events, economic downturns and now this global pandemic. We were not asked to go to war but to wear masks, social distance and stay at home. We can do this!

Day after day, you continue to believe in your ability to cope; you have stayed connected with loved ones and each other; you share what you are going through and help others; you’ve remained hopeful and positive; you speak with one another

about surviving or getting through this together; and continue to seek meaning and a purposeful day. This is the definition of resilience.

We are honored, grateful and our spirits lifted knowing we are able to spend every day with all of you.

Just a gentle reminder that the **deadline** for contributions to the **Employee Appreciation Fund is Monday, December 14th**. As most of you are aware, Belmont Village has a no-tipping policy in place, an industry standard. The Employee Appreciation Fund was established to provide a way for our residents and families to thank our non-management employees. Please know that contributions are voluntary and confidential.

Warmest wishes for a new year of happiness, good health and peace!

With a grateful heart,
Donna

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Happy Birthday

RESIDENT BIRTHDAYS

12/6	Pat A.
12/26	Matt I.
12/27	Herb W.



EMPLOYEE BIRTHDAYS

12/3	Jacqueline F.
12/4	Dominique M.
12/5	Helen M.
12/12	Mike W.
12/20	Shkeria L.
12/21	Bri B.
12/28	Lauren H.
12/28	Charnea B.
12/30	Bridney B.



HANUKKAH CELEBRATION

To kick off the Hanukkah celebration we will be serving latkes for Happy Hour on December 10th at 4:00pm. Additionally, we will have a Zoom in with Rabbi Mendy. We look forward to celebrating with you for this fun festive holiday!



NEW YEAR'S EVE

This year we will be having our NYE Party on December 31st at 4:00pm. Followed by a delicious dinner made by the chef. We look forward to the champagne and tasty treats to ring in 2021!



CHRISTMAS CELEBRATION

Join us on Christmas Day for a wonderful lunch to enjoy celebrating the day December 25th beginning at 11:00am. Alongside family visitation we will have plenty of Christmas movies, playing music to listen to and appreciating the true meaning of Christmas.



Walking Club in Oz Park

CHAT WITH CHEF

Join us on December 10th at 2:15 for a chat with our favorite Chef Silvia. Silvia will share what we have upcoming for the month. Additionally she will be able to address any concerns you have at the time. Look forward to meeting in Town Hall!



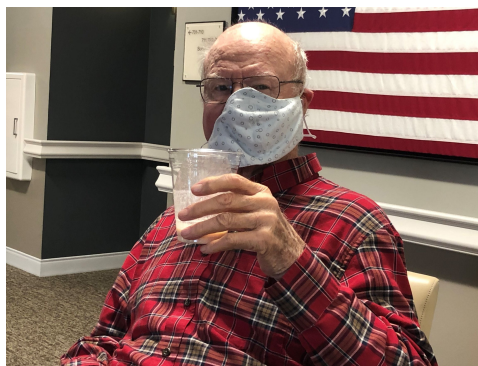
TRANSPORTATION HOURS

Due to COVID we have been working individually with each resident on how to approach safety while bringing residents to and from our building. Drives are still being offered 7 days a week from 9:00am-5:00pm. Please see Concierge and driver for more details on scheduling and prior to your drive.



HEALTHY HAPPY HOUR!

We are trying something totally new in Lincoln Park! A health happy hour! Residents have been enjoying our happy hours, but we decided to take a twist! Every Wednesday at 3:30pm we will be meeting in the sports lounge to make a great smoothie! Who knows, maybe we start adding spirulina for glowing skin!



NORTHWESTERN SCIENCE PRESENTATION



Josephine's Kitchen

DINING HOURS

Breakfast 7:00am-9:00am
Lunch 12:15pm-1:00pm
Dinner 5:15pm-6:00pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 3:00 TH Tai Chi with Dimitri 4:00 SL Cocktail Hour 6:15 GR Chronology	2 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 2:00 Deck the Doors 3:30 SL Healthy Happy Hour 6:30 SR Evening Movie	3 10:00 GR Morning Walking Club 11:00 GR Communion with St. Clement 4:00 B Wine and Cheese 6:00 GR Trivia with Daniel	4 11:00 TH Stretch and Strength 1:00 LB Book Club 3:00 TH Tai Chi with Dimitri 6:30 SR Evening Movie	5 10:30 TH Morning Exercise 11:00 B Manicures 1:00 GR Trivia 4:00 TH Afternoon Drinks 6:15 B Board Games
6 10:30 TH Morning Dance Party with Jessica 11:00 GR Fun Facts with Jessica 1:00 SR Afternoon Documentary 3:00 LB Read and Relax 6:30 SR Movie Night	7 10:00 GR Morning Walking Club 11:00 TH Yoga with Rhonda 2:00 LB Social Issues Discussion 4:00 SL Meditation and Reflection Group 6:30 SR Evening Movie	8 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 3:00 TH Tai Chi with Dimitri 4:00 SL Cocktail Hour 6:15 GR Chronology	9 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 2:00 Gingerbread House Contest 3:30 SL Healthy Happy Hour 6:30 SR Evening Movie	10 10:00 GR Morning Walking Club 11:00 GR Communion with St. Clement 4:00 B Wine and Cheese & Hanukkah Celebration 6:00 GR Trivia with Daniel	11 10:00 GR Morning Walking Club 11:00 TH Stretch and Strength 3:00 TH Tai Chi with Dimitri 6:30 SR Evening Movie	12 10:30 TH Morning Exercise 11:00 B Manicures 1:00 GR Trivia 4:00 TH Afternoon Drinks 6:15 B Board Games
13 10:30 TH Morning Dance Party with Jessica 11:00 GR Fun Facts with Jessica 3:00 LB Read and Relax 6:30 SR Movie Night	14 10:00 GR Morning Walking Club 11:00 TH Yoga with Rhonda 2:00 LB Social Issues Discussion 4:00 SL Meditation and Reflection Group 6:30 SR Evening Movie	15 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 1:30 TH Cookie Decorating 3:00 TH Tai Chi with Dimitri 4:00 SL Cocktail Hour 6:15 GR Chronology	16 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 2:00 TH Resident Council 3:30 SL Healthy Happy Hour 6:30 SR Evening Movie	17 10:00 GR Morning Walking Club 11:00 GR Communion with St. Clement 4:00 B Wine and Cheese 6:00 GR Trivia with Daniel	18 10:00 GR Morning Walking Club 11:00 TH Stretch and Strength 2:00 LB Book Club 3:00 TH Tai Chi with Dimitri 6:30 SR Evening Movie	19 10:30 TH Morning Exercise 11:00 B Manicures 1:00 GR Trivia 4:00 TH Afternoon Drinks 6:15 B Board Games
20 10:30 TH Morning Dance Party with Jessica 11:00 GR Fun Facts with Jessica 3:00 LB Read and Relax 6:30 SR Movie Night	21 10:00 GR Morning Walking Club 11:00 TH Yoga with Rhonda 2:00 LB Social Issues Discussion 4:00 SL Meditation and Reflection Group 6:30 SR Evening Movie	22 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 3:00 TH Tai Chi with Dimitri 4:00 SL Cocktail Hour 6:15 GR Chronology	23 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 3:30 SL Healthy Happy Hour 6:30 SR Evening Movie	24 10:00 GR Morning Walking Club 11:00 GR Communion with St. Clement 4:00 B Wine and Cheese 6:00 GR Trivia with Daniel	25 Christmas 10:00 GR Morning Walking Club 11:00 TH Stretch and Strength 3:00 TH Tai Chi with Dimitri 6:30 SR Evening Movie	26 10:30 TH Morning Exercise 11:00 B Manicures 1:00 GR Trivia 4:00 TH Afternoon Drinks 6:15 B Board Games
27 10:30 TH Morning Dance Party with Jessica 11:00 GR Fun Facts with Jessica 3:00 LB Read and Relax 6:30 SR Movie Night	28 10:00 GR Morning Walking Club 11:00 TH Yoga with Rhonda 2:00 LB Social Issues Discussion 4:00 SL Meditation and Reflection Group 6:30 SR Evening Movie	29 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 3:00 TH Tai Chi with Dimitri 4:00 SL Cocktail Hour 6:15 GR Chronology	30 10:00 7 Exercise with Denise 11:00 GR Morning Walking Club 3:30 SL Healthy Happy Hour 6:30 SR Evening Movie	31 10:00 GR Morning Walking Club 11:00 GR Communion with St. Clement 4:00 B Wine and Cheese 6:00 GR Trivia with Daniel		

HAPPENINGS WITH HENDRICKS



Herb and Hendricks



Hendricks working on his tricks



Hendricks found a stick to chew

“This Month In History” DECEMBER

1913: Fill ‘er up! The nation’s first drive-in gas and service station opens in Pittsburgh.

1924: The puck drops in the first NHL game played in the U.S. The Boston Bruins hosted and defeated the Montreal Maroons.

1947: America’s wetland wilderness, Florida Everglades National Park is formally dedicated.

1954: Doctors at a Boston hospital perform the first successful human kidney transplant.

1964: Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo, Norway.

1979: Two friends in Canada invent Trivial Pursuit. The board game became a worldwide sensation.

1991: In Nashville, Naomi and Wynonna Judd perform their final concert as the Judds. The mother-daughter duo was one of country music’s top acts.

2002: The professional networking site LinkedIn is founded in California.

2010: SpaceX becomes the first private company to successfully launch a spacecraft into orbit and recover it.

2018: American Colin O’Brady is celebrated as the first person to complete a solo, unaided trek across Antarctica. He traveled 930 miles in 54 days.

CIRCLE OF FRIENDS

We are beginning to start our holiday celebrations in COF. The ELs have done a great job implementing new ideas into the programs, including decorating gingerbread houses and holiday cookies. We look forward to embracing this season and focusing on the simple things.

Additionally, we have Denise working with both our COF group and AL to continue to boost our exercise and mood on Tuesdays and Wednesdays. As we all know, exercise is vital to stimulate the brain and additionally get our endorphins flowing.



NEIGHBORHOOD

We are having everyone dress up in the neighborhood! We know when you look good you feel good and the residents have thoroughly enjoyed wearing their snazzy outfits for the day—learning to appreciate the little things like being glammed up!



THE THERAPY CORNER

Therapy Corner with Denise Mudronja, PT at Healthpro Heritage.

With the weather starting to get a little chillier, we may find ourselves wanting to stay under the covers for a few extra minutes, or hours!! With a little less activity, maybe you are noticing that you are having some more joint pain, stiffness, joint swelling and general loss of mobility. Did you know that 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.

And with that, I hope to welcome you to my Exercise class on Tuesday and Wednesday at 10am on the 7th floor, 10:30 on the 4th and 11:00 on the 2nd floor. Let's spend some time with friends, move our bodies and experience the benefits that exercise can bring to our mind, body and soul.



WELCOME HOME FOR WINTER

Winter is on the way, and it's time to make your home feel warm, cozy and inviting. Prepare your space for the season by incorporating rich textures, natural elements, touches of greenery and a bit of shine.

Door decorations. All it takes is a wreath or door hanging to make your home look ready for the season. A grapevine wreath embellished with pinecones, fresh greenery, and a few white flowers makes a versatile piece you can display all winter long.

Seasonal centerpiece. Start with a container such as a silver bowl, a wooden tray or a glass jar. Arrange your choice of natural elements, such as pinecones, evergreen clippings, holly berries and birch branches. Add sparkle with a string of miniature white lights.

Cozy covers. Texture helps create warmth, both physically and visually. Drape a faux fur blanket over a chair. Place a sheepskin rug on the floor, or toss one over an ottoman. Store your cozy throws in a large rattan basket; the natural brown tone will add another warm element to the room.

The finishing touch. Tuck in a few wintry items here and there, such as bottlebrush trees, battery-operated tea lights, and figurines of woodland critters. Use plaid fabrics to make your home feel fun and festive. A bowl of pine potpourri is a fragrant addition.

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

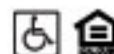
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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